

PDO Treatment Pre-Treatment Care Instructions

Pre-Treatment Instructions

- To minimize bruising avoid the following blood thinners ~3 days prior to treatment: baby aspirin, Aleve, Motrin, multivitamins, vitamin E and D, and fish oils – they can cause you to bruise more easily. Note: please consult with your prescribing physician before discontinuing any prescribed baby aspirin or blood thinners. Without clearance from your prescribing physician we will not be able to treat you.
- Please do not drink alcohol for 7 days prior to the procedure.
- Do not schedule any dental work, including cleanings, 2 weeks prior to treatment.
- We always recommend using sunscreen to protect your skin as we will not perform the treatment on sunburnt skin. Please use care when in the sun and in the days prior to your appointment
- Discontinue Retin-A 2 days before and 2 days after treatment
- It's important not to have a bacterial or fungal infection, or an abrasion in the desired treatment area as it can spread after injection.
- If you have a history of cold sores, we recommend taking an antiviral prior to treatment. If you do not have an antiviral treatment, Dr. Trinh can provide one to you.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment
- You are not a candidate if you are pregnant or breastfeeding.
- During the course of your treatments, notify our staff of any changes to your medical history, health status or personal activities that may be relevant to your treatment.

FOLLOW-UP: To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.

If you have any questions or concerns after the procedure, call us at 833-998-5893