



531 N. Maitland Ave., Maitland, FL 32751 (321) 397-1212

## **DERMAL FILLERS PRE-TREATMENT INSTRUCTIONS**

*A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.*

**If you have a history of Herpes (cold sores) you must be treated 2 days prior and 8 days after treatment with Valtrex 500 mg. twice a day or Zovirax 400 mg three times a day.**

**If you develop a cold sore, blemish or rash, etc. prior to your appointment you must reschedule.**

**If you have a special event or vacation coming up, please schedule your appointment at least 2 weeks in advance.**

**NO Aspirin, Motrin, Gingko Biloba, Garlic, Flaxseed Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 weeks before and after treatment. Do not discontinue any prescribed medicine without consulting with your doctor.**

**Discontinue Retin-A two (2) days before and two (2) days after treatment.**

**AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (fruit is allowed), spicy foods and cigarettes 24-48 hours before and after your treatment.**