**DERMAL FILLER PRE-TREATMENT INSTRUCTIONS**

***A few simple guidelines before your treatment can make a difference***

***between a good result and a fantastic one.***

* Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
* 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 schedule your treatment at least 2 weeks in advance.
* Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.
* **NO** Aspirin, Motrin, Gingko Biloba, Fish Oil, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment.
* 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 (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment.
* For lips, **NO** heavy kissing or straws for 2 weeks!

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**Patient Signature Date**

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**Patient Name (printed)**