



PRE-TREATMENT INSTRUCTIONS – FILLERS and PDO Threads

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. in the treatment area 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.
- AVOID: Alcohol, caffeine, advil, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.
- Discontinue Retin-A two (2) days before and two (2) days after treatment
- Do not schedule other invasive procedures 2 weeks before or after treatment, including but not limited to:
 - Dental cleaning or dental work
 - Lesion excision or biopsy
 - Surgery of any kind
 - Internal device placement
 - Tattoo or permanent makeup