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### **Pre Treatment Instructions for Dermal Fillers**

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

- If you have a history of herpes (cold sores) with outbreaks more than 4 times a year, it is recommended that you are pretreated with medication to prevent an outbreak following your treatment. This office recommends valacyclovir 2 grams the day before or the day of the treatment and then another 2 grams 12 hours after the first dose. Please let us know that you need a prescription if you do not have this medication on hand.
- If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated 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.
- Avoid non-essential anti-inflammatory/blood thinning medications, ideally for a period of two weeks before treatment. Medications and supplements such as aspirin, vitamin E, gingo biloba, St. John's wort, ibuprofen, naproxen, and other NSAIDS are blood thinning and can increase the risk of bruising/swelling after injections. If you are prescribed a blood thinning medication for a medical reason, please ask your prescriber before temporary discontinuation.
- Do not use Retin-A or like products for two days before treatment to avoid increased irritation and redness.
- Avoid alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment.

**If you should have any questions or concerns please feel free to contact us at  
(336) 489-4400.**