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PRE-TREATMENT INSTRUCTIONS – SOLID FILLER TREATMENT

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. Medical history must be filled out and signed by patient.
- 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.
- Arnica tablets may be started 3 days prior to your appt. Take the tablets as instructed on the bottle. This may help prevent excessive bruising. This is optional.
- **AVOID:** Alcohol, caffeine, Motrin, 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