

# LASER AESTHETICS CAPE COD

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

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

- Please notify your practitioner if you are allergic to Lidocaine or epinephrine.
- If you have a history of Herpes (cold sores) you must be treated 2 days prior and 8 days after treatment with Valtrex 500mg twice a day or Zovirax 400mg three times a day.
- If you develop a cold sore, blemish, or rash, 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.
- NO Aspirin, Motrin, Gingko Biloba, Garlic, Flaxseed Oil, Cod Liver Oil, Omega-3's or any other essential fatty acids, Vitamin A or Vitamin E for at least 3 days to 1 week before and after treatment.
- AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, cigarettes 24-48 hours before and after your treatment.
- Avoid any other skin care treatments, facials, laser, Botox for at least 2 weeks.
- Avoid dental treatments or surgeries or at least 2 weeks before and after your treatment.