

## Injectable Pre-Treatment Instructions



Arrive at the office with a “clean face”—washed and without makeup.



For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment



If you have a history of Cold Sores to receive advice on antiviral therapy prior to treatment, please contact your primary care doctor for prophylactic cold sore treatment.



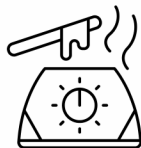
Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid, or any “anti-aging” products for two days before and after treatment.



Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.



Do not use dermal fillers or neurotoxins if you are pregnant or breastfeeding, are allergic to any of its ingredients or suffer from any neurological disorders.



Avoid waxing, bleaching, tweezing, or using hair removal cream on the area to be treated for 24 hours before and 2 weeks after injections.



Do start taking Arnica two days prior to the procedure. (This is not required, but it will help to lessen bruising). This is available over the counter.