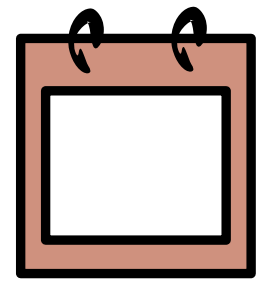


INJECTABLES PRE-CARE POLICIES

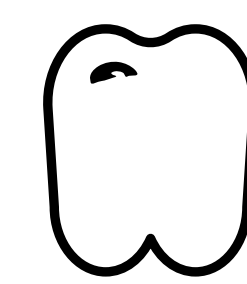


- Do not come on an empty stomach. Please arrive ready for treatment (clean face, no makeup, hair secured away from the face).



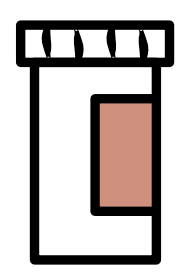
Special Events

Do not plan any special events for at least one month after your treatment. There may be swelling and bruising for 1-2 weeks following your appointment and it may take up to a month for tissue to ultimately settle.



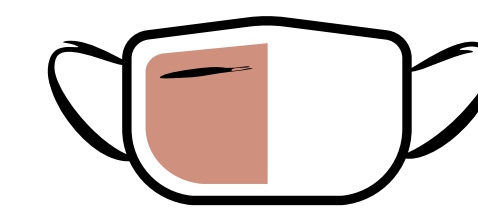
Dental Appointments

If getting lower facial treatments, please ensure that you do not have any dental appointments for 2 weeks before or after treatment.



Aminoglycoside Antibiotics

If you are currently taking aminoglycoside antibiotics and are seeking Neurotoxin (Dysport) injections, please call to reschedule as we will be unable to perform this treatment.



Healthcare Setting

If you work in a healthcare setting that requires an N-95 or similar, tight-fitting mask, please know that wearing such masks is not recommended for 2 weeks after receiving under-eye, cheek, nose, or jawline filler. If this will not work for you, please consider rescheduling.



For two weeks before treatment

- Hydrate frequently, especially if you are being treated with dermal fillers. Fillers draw water to the surface and dehydration can severely minimize results!



**For one week
before treatment**

- Begin avoiding blood-thinning medications, foods, and supplements (unless they are prescribed to treat a health condition) to reduce chances of bruising and swelling.

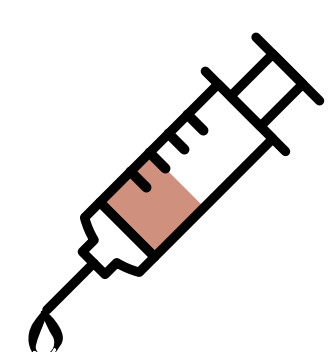
Blood-thinning items include:

- Advil, Ibuprofen, and Motrin
 - Almonds/Almond milk
 - Fish oil
 - Garlic
 - Ginger
 - Green Tea
 - Salmon
 - Sushi
 - Workout supplements & other supplements
- If you usually use pain relievers, please use Tylenol and have it on hand as it does not thin blood. Of course, please avoid Tylenol if it is contraindicated with any of your medical conditions or medications.



**For three days
before treatment**

- Do not consume any alcohol.
- Take Arnica (unless you are allergic or it is contraindicated with any medications/medical conditions you have, including high blood pressure). Arnica can be purchased in our office, at Vitamin Shoppe, or on Amazon. Please follow the directions on the label and do not take it if it is contraindicated with any of your medications/medical conditions.



INJECTIONS FROM ANOTHER PRACTICE

- We may require dissolving if we feel that we cannot achieve results that meet our standards by injecting over your previous filler.
- Dissolver is an additional fee of \$150 per vial.
- This may require one or more dissolving sessions before the new filler is applied, which will be booked for the soonest available appointments spaced about two weeks apart. Out-of-town clients, please plan accordingly!
- Please note that new filler cannot be injected on the same day that the previous filler is dissolved (in the same area) and will need to be booked as a separate appointment.
- Please prepare for a dissolving session if you are planning to have lip injections and follow the Pre-Care Policies for best results.

Please read these instructions in full to ensure you are not missing important information. Following pre-care will not only reduce the chances of complications and speed healing time, but will also product better results.