

# CC PRE-TREATMENT INSTRUCTIONS

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- No Aspirin, Vitamin E, Ginkgo Biloba, St. John's Wort, Ibuprofen or garlic or for at least 7-10 days, before your appointment.
- If you are taking prescription blood thinners such as Warfarin or Rivaroxaban, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform your Practitioner or prescriber, at least one week before your appointment, so you can start on a medication to prevent an outbreak.
- Come to your appointment with a clean face. **\*\*NO MAKE-UP\*\***
- Eat a small meal or a snack before your appointment
- You may take Paracetamol ONLY one hour before your appointment to help with any discomfort you may have. NO NSAIDS (Ibuprofen, naproxen, diclofenac, etc)
- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections. You may want to refrain from going to any special events during this time, it is recommended to schedule fillers 2 weeks before any special event.
- Do NOT consume alcoholic beverages at least 24 hours prior to & after treatment (alcohol may thin the blood and increase the risk of bruising)
- If you have a rash, sunburn, cold sore or blemish on the areas to be injected, please reschedule your appointment. Active inflammation or infections at the areas you want injected is a contraindication. You must wait 2 weeks after any active cold sore has completely healed before receiving injections.
- Do not sunbathe at least 2 weeks prior to or after treatment to prevent skin sensitivities
- You should not have any dermal filler or anti wrinkle treatments if you are pregnant, trying to get pregnant, or breastfeeding
- It is recommended to schedule chemical peels, IPL, laser, or micro needling face procedures at least 2 weeks prior or after any injections. If you are unsure of a procedure please ask your practitioner.
- Do not touch the treated area for 24-48hrs, following anti wrinkle stay upright for atleast 4hours, do not massage or apply ice.
- Do not apply any irritating topical creams such as retin-A, acne products, glycolic acid, vit C, anti-aging creams, or medicated creams to your face for 2 days prior to or after injections.