

# ANGELIC SKIN CLINIC

## Pre Treatment Instructions for Dermal Fillers

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
  - Clients should not schedule any invasive procedures for 2 weeks before or after treatment with Dermal Fillers.
- These include but are not limited to:
- Dental cleaning or dental work
  - Lesion excision or biopsy
  - Surgery of any kind
  - Internal device placement
  - Tattoo or permanent makeup
- History of surgical face lift of any kind will lead to denial of treatment of dermal fillers (Restylane® Lyft and Voluma® XC) to the midface or cheek region.
  - It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
  - Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
  - If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.
  - If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
  - It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.
  - It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

Call 763-497-7546 During Working Hours for any questions or concerns OR Email [info@angelicskinclinic.com](mailto:info@angelicskinclinic.com) for after hour support.