

## Pre-Treatment Injectable Instructions

***Please be sure to eat a light breakfast or lunch prior to your treatment. This will hopefully decrease chances of lightheadedness during the treatment.***

1. Avoid blood thinners 3-7 days prior to your treatment to reduce the possibility of bruising and swelling. This includes; Aspirin, Advil (Ibuprofen), Aleve (Naproxen), Excedrin, garlic supplements (Garlic in food is OK), Ginko Biloba, Green tea and green tea supplements, fish oils and all Chinese herbs. Tylenol is preferred for mild pain or headaches.
  - You may also want to avoid alcohol 24 hours prior to treatment
2. We recommend the use of a homeopathic supplement called Arnica Montana the day of your treatment to reduce swelling and bruising. This can be purchased directly at our office and is less than ten dollars.
3. Schedule your injectable filler treatment at least 2 weeks prior to any special event such as a wedding or vacation.
4. Please let us know if you have a history of cold sores. Dr. Prischmann may prescribe an anti-viral medication prior to your treatment.
5. Dr. Prischmann will not perform fillers on a patient who is pregnant and/or breastfeeding.

**If you have any further questions, you may reach us at 952-567-7151. Thank you!**