



Ohio Institute of Osteopathic Medicine^{LLC}

Dermal Fillers Pre-Treatment Instructions

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

- Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
- If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.
- Avoid Aspirin, Motrin, Ginkgo 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. Please notify our staff if you take any blood thinning prescription medication prior to scheduling an appointment.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment.

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