



PELHAM

— DENTAL CARE —

PRE-TREATMENT INSTRUCTIONS

Dermal Fillers

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- 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.
- Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.
- NO 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.
- 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
- Schedule your appointment at least 2 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc.

Please call us if you have any questions or concerns.
(205) 663-6246