

General Pre-Injection Preparation Guide

Proper preparation before your injectable treatment helps minimize bruising, swelling, and complications, while optimizing your results.

1. Medications & Supplements

7 Days Before Treatment:

Unless medically necessary (never stop prescribed medications without your doctor's approval), avoid:

- Aspirin
- Ibuprofen, Advil, Motrin
- Naproxen, Aleve
- Fish oil / Omega-3
- Vitamin E
- Ginkgo biloba
- Garlic supplements
- Ginseng
- St. John's Wort
- Other blood-thinning supplements

These substances can increase bruising or swelling.

Note: Patients on prescription blood thinners should discuss safety precautions with their physician before treatment.

2. Alcohol & Lifestyle

- Avoid alcohol for 48 hours prior to treatment.
 - Avoid excessive caffeine the day of your appointment.
 - Avoid strenuous exercise for 24 hours prior.
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3. Skin

- Wash your face thoroughly on the day of treatment.
 - Avoid makeup if possible.
 - Avoid waxing, bleaching, or chemical peels on the treatment area within 3–5 days.
 - Avoid sunburn or tanning in the area to be treated.
 - Ask your provider when to resume facial procedures/treatments or energy based treatments such as Morpheus8, IPL, Lasers...etc.
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4. Contraindications

Do **not** receive injectable treatments if any of the following apply:

- Pregnancy or breastfeeding
- Active infection or fever
- Active cold sores, acne cysts, or rashes in the treatment area
- Autoimmune disorders that affect healing (e.g., lupus, rheumatoid arthritis, uncontrolled thyroid disease)
- Recent dental work or invasive dental procedures within the past 2 weeks
- Recent vaccinations within the past 2 weeks (except routine, stable vaccines per provider guidance)
- Known allergy to any components of the injectable product

Patients who meet any of these contraindications should **reschedule treatment** until cleared.

5. Hydration & Nutrition

- Stay well hydrated in the days leading up to your appointment.
 - Eat a normal meal before your appointment — do not come fasting.
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6. Expectations

- Treatments may cause mild swelling, redness, tenderness, or bruising.
 - Following pre-treatment guidelines helps minimize these effects.
 - Your provider will review your individualized treatment plan and any additional instructions depending on the type of injectable.
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