

DERMAL FILLER

Pre-Treatment Instructions

- Try to avoid any alcoholic beverages for 24 to 48 hours prior to treatment.
- Avoid any anti-inflammatory or blood thinning medication for a few days before (this includes Advil, Aleve, Aspirin or NSAIDs)
- Schedule your treatment at least 2-4 weeks prior to any special occasion. Bruising and swelling happen. Please leave time for corrections if needed.
- Please do not show up to your appointment with an empty stomach, this can increase the chances of becoming light headed or fainting.
- You will need to reschedule your appointment if you have a rash, cold sores, or blemishes in the area to be injected.
- To minimize bruising, start taking Arnica two days prior to the procedure, this is not required but it can help to lessen the potential of bruising.
- If you plan on having lip filler or injections around the mouth, please let your provider know if you are prone to cold sores. There is a risk that these treatments can stimulate an eruption of cold sores. A prescription for an antiviral can be given.

Schedule your appointment appropriately. Injectable fillers cannot be done within two weeks of:

- Dental procedures, including routine cleaning
- Any type of vaccination
- Or while you are being treated (with antibiotics) for an infection of any kind.

NOTE: Please delay booking Filler or Neuromodulator treatments for a minimum of 2 weeks before and after the COVID vaccine.

Please provide 24 hour notice for all cancellations or no-show fees may apply.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!