



THE MICHAEL HORN

CENTER FOR COSMETIC SURGERY

Injection Instructions

60 E. Delaware Place Floor 15 Chicago, IL 60611~312.202.9000

Pre-treatment Instructions

- Minimize alcohol consumption for a minimum of 24 hours prior to injectable treatment. Alcohol can thin the blood making it easier for bruising to occur. It is best to avoid alcohol for a minimum of 3 days prior to injectable treatment.
- Avoid certain supplements and medications before the procedure. It is best to avoid any blood thinning agents for at least 1 week prior to injectable treatment to minimize the occurrence of bruising.
- Stop all NSAIDs (non-steroidal anti-inflammatory medications) such as aspirin, Advil, Aleve, Nuprin, Bufferin, Ibuprofen, etc. Tylenol is ok to use.
- Stop all herbal supplements such as fish oil, ginkgo, ginseng, St. John's Wort, garlic pills, etc. (a multi-vitamin is ok to continue).
- Start taking oral arnica montana prior to the procedure. Arnica montana is a natural supplement which helps to reduce swelling and bruising. Starting the supplement the day prior to the procedure and continuing after the procedure is recommended. This can be purchased from any pharmacy.
- Avoid salty foods a few days before and after the treatment as excess sodium causes the body to retain water, which in turn can worsen swelling.
- Avoid any depilatory treatments (hair removal, such as tweezing, waxing, etc.) for a minimum of 2 days prior to the treatment. Tell your provider if you are planning any chemical peel treatments or laser treatments as this may cause possible irritation at the treatment site.
- If you have a history of cold sores, it is important to let your provider know. There is a risk that the treatment could lead to an outbreak, so your provider may want to treat you with Valtrex.
- Tell your provider if you are on immunosuppressive therapy.
- Tell your provider if you are pregnant or breastfeeding as the safety profile has not been studied on this group and injectable treatment should not be performed.

During business hours our clinical staff may be contacted at 312-202-9000, or by messaging us at [Patient.Klara.com](https://www.Patient.Klara.com).