



BEAUTY.NURSE.REGINA
MEDICAL AESTHETICS

 @beauty.nurse.regina

Sperling Medical Associates

Board Certified Family Practice/Internal Medicine

182 S. New York Rd.

Galloway, NJ 08205

Ph: (609) 748-8200

Fax: (609) 745-0799

Dermal Filler Pre-Treatment Instructions

1. Avoid alcohol, caffeine, Niacin supplements, and cigarettes 24-48 hours before and after your treatment. (May affect bruising and swelling)
2. If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.
3. No cosmetic treatments such as laser, peels, facials, microblading, or microdermabrasion for 2 weeks before **and** after treatment.
4. No COVID vaccination and/or booster within 2 weeks of treatment.
5. If you develop a cold/flu, cold sore, blemish, rash, etc., in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
6. It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.
7. It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials, or microdermabrasion.