



FACIAL SERVICES

PRE-SERVICE INSTRUCTIONS

P D O T H R E A D S

- At Consultation:** Advise if you have a history of medication allergies, anaphylaxis, or cold sores
- 1 to 2 Weeks Prior:** Suspend use of NSAIDs, Aspirin, Motrin, Fish Oil, Vitamin E, Gingko Biloba, St. John's Wart, and Garlic supplements to reduce risk of bruising
- 1 Week Prior:** Avoid use of blood thinning medications with the express permission of your prescribing physician
- 3 Days Prior:** Begin use of over the counter arnica supplements to decrease post-service bruising - this is an optional directive
- 3 Days Prior:** Suspend alcohol consumption
- Day of Service:** Confirm with your provider that you do not have any additional exclusionary criteria that may not have been covered, or has changed since, your consultation

