

Silhouette Instalift PRE TREATMENT CHECK LIST

- Discontinue any blood thinners (**see below) 5 days prior to procedure
- Take 2 Tylenol 1 Hour before your procedure
- Avoid any dental procedures including cleanings/deep cleanings 3 weeks BEFORE and AFTER your procedure
- Make sure you have several pillows to prop yourself up at bedtime. We suggest a travel/neck pillow as well so you don't sleep on your side.

**Any other questions or concerns please call the office before your treatment
(818) 592-6005**

**Blood Thinners, Medications, & OTC Medications to Avoid

*Ginkgo

*Garlic

*Fish oil

*Advil

*Ibuprofen

*NSAIDS

*Vitamin E

*Alcohol

*Omega 3

*Turmeric

*Blood thinners (Coumadin) **Please consult with Dr. Gaminchi before any PRESCRIPTION MEDICATION IS STOPPED**

You can take Tylenol for pain relief and Arnica, which is a homeopathic tablet, this helps with bruising. You can start Arnica 3 days prior to procedure. Arnica can be purchased from our office at time of consultation.