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**PDO PRE/ Post Treatment Instructions**

**PRIOR to treatment: Begin taking Arnica tablets 3 tabs three times daily and 3 days after**

**NO BLOOD THINNERS 3 DAYS PRIOR TREATMENT OR 3 days after ie: NO ADVIL OR FISH OIL**

**NO STRAINING THE FACE MUSCLES**

**NO HEAVY LIFTING OR EXCERCISE FOR 2 FULL DAYS**

**NO HOT YOGA, SAUNA OR EXCESS HEAT FOR 5 DAYS**

**NO LASER TREATMENTS FOR 1 MONTH**

**\*If SWEATING causing dressing to get wet, clean, change dressing, replace Band-Aids over the insertion site and leave on until we check it**

**CALL if you have any redness or any sign of infection**

**CALL 858.353.3882 for any questions or issues that arise**

**CALL 911 FOR ANY EMERGENCIES**

**AVOID ALL HARD CANDY OR EATING HARD ITEMS FOR 2 WEEKS**

**AVOID OPENING MOUTH TOO WIDE, SMILING, LAUGHING ETC. FOR ONE WEEK**

**\*Take Vitamin C 3000 mg a day**

**\*For Discomfort and swelling take 2 Tylenol tablets 350mg as needed every 6 hours**

**DO NOT TAKE TYLENOL WITH ALCHOHOL OR IF YOU HAVE A LIVER PROBLEM**