



1. Avoid Aspirin, Vitamin D, NSAIDS – Avoid for 7-10 days.
2. Avoid Alcohol 3 days prior to procedure.
3. Oral antibiotics are recommended by some practitioners for introduction of over 100 threads for 5 days prior to treatment.
4. Valtrex 2GM day before or morning of then 2GM 12 hours after first dose for patients with more than 4-6 outbreaks per year.