



**MEDICAL AESTHETICS**  
— BY DONNA —  
FACE AND BODY REJUVENATION

**What to Avoid Before Injectables**

5-10 Days Before

24 Hours Before

Aspirin/blood thinners	Alcohol
Ibuprofen	Red Wine
Naproxen	Topical Heparin Sulfate
St. John's Wort	Topical Salicylic Acid
Vitamin E	Salmon
Omega 3 Fatty Acids	
Ginseng	
Green Tea	

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