

SMP Pre-Procedure Instructions

Thank you for choosing Ahead Ink! In order to ensure a successful treatment please follow these pre-procedure instructions.

Avoid drinking alcohol three days prior to your procedure. Also, read the list of herbs/vitamins/meds to avoid taking up to one week prior to your treatment.

On the day of your procedure please eat a good meal beforehand as we generally work through lunch/dinner. However, if you do need to take a break we can do so and there are food options very close to our clinic. You are also able to listen to music/ear buds during the procedure if you like. After your procedure you will be provided with post-SMP instructions as well as a specially formulated shampoo and serum (included in your package price).

Lodging Options for Out-of-Town Guests

If you wish to stay at a very nice/but relatively affordable hotel that's about 15 minutes from the clinic check out:

http://www.courtyardedgewater.nj.com/?utm_medium=cpc&utm_source=GOOGLE&utm_campaign=Brand+-+Phrase&utm_term=Marriott+Edgewater

For hotels that are even closer and probably a bit less expensive check these out:

<http://doubletree3.hilton.com/en/hotels/new-jersey/doubletree-by-hilton-hotel-fort-lee-george-washington-bridge-FTLFLDT/index.html>

https://www.ihg.com/holidayinn/hotels/us/en/fort-lee/ftlee/hoteldetail?cm_mmc=GoogleMaps-_-HI-_-USA-_-FTLEE

https://www.bestwestern.com/en_US/book/hotel-details.31047.html?iata=00171880&ssob=BLBW10004G&cid=BLBW10004G:google:gmb:31047