

PRE/POST POCEDURE INSTRUCTIONS

PRE-TREATMENT:

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your dermal filler and neuromodulator appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

POST-TREATMENT

- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial, laser treatments, or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

POST-DERMAL FILLERS:

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.

- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.

PRE/POST PDO THREAD LIFT

PRE PROCEDURE INSTRUCTIONS:

- Do not drink alcohol or smoke 1-2 days prior to and after your procedure
- Discontinue the use of Aspirin or other Anti-Inflammatory 3-5 days before the procedure
- Consult your prescribing physician before discontinuing any blood thinners
- Adequate hydration is essential, drink at least 6 – 16.9 oz water bottles the day prior to your procedure and at least one 16.9 oz water bottle 1- 2 hours before your procedure

POST TREATMENT CARE:

- You may experience moderate bruising lasting up to 7-10 days or more. Treated areas should be handled gently when cleansing.
- Avoid heat therapies and massage in the treated area for at least 4 weeks.
- Avoid heavy physical exercise or exertion for 2-3 days post procedure.
- Normal skincare regimen can be resumed immediately following treatment
- Eat soft foods and maintain well hydrated for the next 7 days
- Avoid excessive chewing and talking for the next 3 days
- Wear facial bandage as much as possible for the next 3 days and when at home for the next 2 weeks.

PRE/POST PRX-T33

Pre-treatment:

Come to your appointment without make-up or moisturizers on. Sunscreen is permitted.

Avoid using your retinol/retinoids 48-hours prior to treatment.

Reschedule if you have active, inflammatory skin conditions (dermatitis, herpetic outbreak, abrasions, sunburn).

Post-treatment:

Day 1: Apply a generous amount of a moisturizing face cream.

Day 2 and beyond: AM-apply moisturizing face cream and apply your SPF 40+. PM-Apply WiQo smoothing liquid if purchased, wait 30 minutes, and apply a moisturizer.

PRE/POST CHEMICAL PEEL

Chemical Peel Pre-Post Treatment Instructions:

- **Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.**
- **Do not bleach, wax, tweeze or use depilatory creams in treatment area for 3 days prior to treatment**
- **Discontinue use of retinoid (Retin A, Tazorac, Differin, etc) and Hydroquinone products 3 days prior to**

treatment

- **Discontinue use of 10% or higher Alpha Hydroxyl Acids, Glycolic Acids, and exfoliants 3 days prior to peel**
- **If you have a history of perioral herpes, advise office so you may begin prophylactic antiviral therapy the**

day before treatment

- **Schedule your injection at a time when minor swelling or peeling will not disrupt your social obligations**

Day of Treatment Instructions:

- **Omit lotions, creams, make up or deodorant in area to be treated AND arrive with clean washed skin**
- **Inform provider of any changes in medical history and of all medications you are taking**

Post- Treatment Instructions:

- **Redness might be present (and last up to several hours) after peel**
- **Use Tylenol only as needed for any soreness**
- **Swelling might occur after treatment for 3-5 days**

- Peeling will start 3-5 days after peel. Do not pick or scratch at treated skin but instead keep moisturized
- Eat fresh pineapple to optimize healing
- Avoid strenuous exercise or sweating for 24 hours
- Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than

4 hours after peel

- May use cool compress after 4 hours if excessive discomfort, burning, redness, or swelling
- Follow post peel instruction sheet with products if included in peel
- Avoid sun exposure if possible and use a minimum of SPF 30 daily and every 2 hours if outdoors
- NOTE THAT EVERYONE IS DIFFERENT IN THE RESULTS AS WELL AS THE POST TREATMENT.