

### **PRE TREATMENT**

- ✓ Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.
- ✓ Do not bleach, wax, tweeze or use depilatory creams in treatment areas 1-2 days prior.
- ✓ Discontinue use of 10% or higher Alpha Hydroxy Acids, exfoliants, etc 1-2 days prior.
- ✓ If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before.
- ✓ Do not take any NSAID/s (Non-Steroidal Anti-Inflammatory Drugs) for at least a week prior to treatment. These includes: aspirin products (Bufferin, Ecotrin, Midol), ibuprofen (Advil, Motrin), Aleve, Celebrex. They will increase risk of bruising.
- ✓ If you take large doses of Vitamin E, lecithin, fish oil, garlic, ginko biloba, or other herbal supplements, please avoid them for a week before your procedure. These may increase risk of bleeding and bruising.
- ✓ May take arnica (orally or topical) 2 days prior to treatment to avoid bruising and swelling and 3-5 days afterwards if bruising occurs.

### **DAY OF TREATMENT**

- ✓ Omit lotions, creams, make up or deodorant in area to be treated.
- ✓ Inform provider of any changes in medical history and all medications you are taking.

### **POST TREATMENT**

- ✓ Redness might be present (and may last up to several hours) immediately after treatment.
- ✓ Bruising, swelling and/or redness may occur after treatment.
- ✓ Cool compress may be used for swelling and/or redness may occur after treatment.
- ✓ Do not manipulate areas of injections. Do not exaggerate facial expressions.
- ✓ Avoid blood thinners after treatment to reduce the chance of bruising. Tylenol is acceptable.
- ✓ If, for any reason, scabbing should occur, do not pick or scratch at treated skin.

Detailed list of foods that may affect bleeding and bruising:

- Almonds
- Apples
- Apricots
- Blackberries
- Cherries
- Chinese black beans
- Cucumbers
- Currants
- Garlic
- Ginger
- Ginko Biloba
- Grapes
- Pickles
- Prunes
- Raspberries
- Strawberries
- Tomatoes
- Wine