

SKINNEY

medspa + wellness

laser spa

dermal fillers

You should be in good overall health. If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule. Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment. If you have a special event or vacation coming up schedule your treatment atleast 2 weeks in advance.

NO Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least **3 days to 1 week before + after treatment.**

These agents may increase bruising and bleeding at the injection site. It is okay to take Tylenol (acetaminophen) for mild tenderness after treatment if not otherwise contraindicated.

Avoid vigorous exercise for 3 days.

DISCONTINUE Retin-A two (2) days **before +** two (2) days **after** treatment. **AVOID** Alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, or cigarettes 24-48 hours **before + after** treatment

Do NOT touch, press, rub or manipulate the implanted areas for 6 hours after treatment.

You can cause irritation, sores and/or problems, and possible scarring if you do.

Cold compresses (ice pack) may be used immediately after treatment to reduce swelling. You may apply make-up **after adequate icing** and after all pinpoint bleeding has stopped. Until there is no redness or swelling **avoid exposure of the treated area to intense heat** (sun bathing, excessive UV exposure).

One side may heal faster than the other side. Wait a minimum of 6 weeks before receiving any laser treatment and 1 week before skin care treatment. You may feel firmness in the treated areas for the first week. Over time the area/s will soften and settle. Tenderness in areas treated can last a few hours to days to a week. Swelling is common after treatment. Immediately report any worsening, persistent symptoms or other side effects, Including redness, itching or blisters.

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