

# AESTHETIC PROCEDURE INSTRUCTIONS

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YOUR SATISFACTION IS OUR UTMOST CONCERN!

THESE SIMPLE SUGGESTIONS BEFORE AND AFTER YOUR TREATMENT MAY MAKE THE DIFFERENCE BETWEEN A GOOD RESULT AND A FABULOUS ONE!

## ONE WEEK PRIOR TO INJECTABLE FILLER TREATMENTS:

- Consider Arnika Forte to speed healing time, faster recovery from bruising, swelling and pain associated with injectables
    - Arnika Forte instructions: Take 1 capsule twice daily, beginning the day of the procedure. Continue 7 days
  - Please inform us if you have a history of facial cold sores. We may recommend medication to minimize a recurrence
  - Reschedule your appointment if you have a fever, cold sore, blemish or outbreak or rash in the treated area
  - Avoid Aspirin, Ibuprofen, Aleve or herbs/supplements: *Ginkgo Biloba & Vitamin E*
  - Discontinue Retin-A products 2 days before and after treatments
  - Schedule treatments at least 2-3 weeks before special events
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## FOLLOWING INJECTABLE TREATMENT:

- Gently wash the treated area twice daily
    - Apply light moisturizer
    - Continue with broad spectrum SPF 30 or greater, *sun protection daily*
  - Drink plenty of water for first 48 hours
  - Avoid overly touching or massaging the treated areas, *unless instructed to massage with Sculptra Aesthetic*
    - SCULPTRA MASSAGE: The 5:5:5 Rule. Massage the treated areas for 5 minutes, 5 times a day, for 5 days
  - You may apply makeup and/or camouflage
  - Apply cold compresses intermittently to reduce swelling
  - Sleep on several pillows; do not sleep directly on your face
  - Avoid strenuous exercise and cold/hot outdoor activities until redness and swelling disappear
  - Avoid alcohol for 6 hours following treatment
  - Avoid sunbathing (*never encouraged!*)
  - Avoid dental procedures for 2 weeks
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## FOLLOWING BOTOX OR DYSPORT TREATMENT:

- Do not lay down or bend forward for 4 hours following treatment
  - Avoid vigorous activity/exercise for 12 hours
  - Don't wear anything tight on treated area (*hats, goggles, headbands*) day of treatment
  - Avoid rubbing, massage or pressure on treated area day of treatment
  - Avoid facial treatments day of treatment (*due to laying flat & rubbing*)
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## **FOR 1-14 DAYS FOLLOWING INJECTABLE TREATMENTS YOU MAY EXPERIENCE:**

- Swelling, bruising, tenderness, redness, and palpable lumpiness
    - *If these symptoms persist or worsen, please contact our office*
  - Itching sensation
  - Bruising and/or bleeding risks increase if you regularly take Aspirin or anti-inflammatory medications.
    - Such as: Ibuprofen, Motrin, Aleve or blood thinner medication
  - Having a follow-up treatment before the product has fully dissipated will maintain your refreshed look.
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*PLEASE CONTACT THE OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS*

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## WHEN AM I ABLE TO DO OTHER TREATMENTS?

- Some injectable treatments can be done on the same day, such as:
    - Botox or Dysport and an Injectable Filler treatment
    - Botox or Dysport and a Hydrafacial and or Dermaplaning treatment
    - Botox or Dysport and a Chemical Peel
  - Wait at least 2 weeks before or after a filler treatment, before receiving:
    - More Filler, Chemical Peel, Laser, Microneedling or Microdermabrasion
  - After a Sculptra treatment, wait at least 1 month before receiving more Sculptra
  - After a Botox or Dysport treatment, wait at least 48 hours before receiving:
    - Laser, Microneedling or Microdermabrasion treatment
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## FOLLOW-UP APPOINTMENT

Assess your treatment results and ensure we have achieved your aesthetic goals

The purpose of a follow-up appointment is not to get re-treated, but rather, follow-ups are more of a touch-base with your provider to help ensure treatment results turned out as desired and to address any side effects.

As a general rule of thumb, two weeks post-injection is generally a good time to return for your follow-up appointment. That said, each person is different, so be sure to ask your provider when you should come back.

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