

# 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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