

## PRE-TREATMENT INSTRUCTIONS

It is prudent to follow some simple guidelines before treatment to help reduce some possible side effects associated with the injections; this can make all the difference between a fair result and a great result. We realize that this is not always possible; however, minimizing these risks is always desirable.

- At least five days before your procedure, discontinue anti-inflammatory medication, after consultation with a medical professional.
- One week before your procedure, discontinue any blood thinning herbs or supplements
- One to two weeks before your procedure, discontinue systematic steroids after consultation with a medical professional
- At least one month before your procedure, discontinue steroid injections after consultation with a medical professional
- On the day of your procedure, eat a full, healthy breakfast and be sure to drink plenty of water.

## POST-TREATMENT INSTRUCTIONS

Immediately after the treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injection. The inconvenience is temporary and generally disappears in a day or two. If the inconvenience continues, or if other reactions occur please contact us.

- Avoid applying ice or heat to the injection site for the first 72 hours post procedure
- Avoid touching the treated area during the 12 hours following treatment so you do not accidentally injure your skin while numb and to reduce risk of infection
- Until any redness or swelling goes away avoid exposure of the treated area to intense heat.
- You may experience bruising and swelling that may last for 5-14 days.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications for one week after treatment. These can increase bruising and bleeding at the injection site.
- Avoid makeup for 24-72 hrs preferably to avoid any risk of infection
- No straining, heavy lifting, saunas, or vigorous exercise for 12 hours following treatment
- Do NOT lie down for 6-8 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally
- Avoid alcohol for 72hrs following treatment as this can increase bruising and swelling to treated area
- Leave the plasma on your face for minimum 12 hours maximum 24 hours for ideal results. After this you can wash your face with a gentle cleanser and apply moisturizer and spf.
- Avoid the use of any active ingredients such as retinol, vitamin c, etc. for 7 days.
- Your skin may feel slightly sunburnt for the next couple of days ensure to use SPF every 2 hours and try to avoid sun exposure