

## Pre-Care Aesthetic Instructions

### **Prior To Your Treatment:**

We recommend scheduling your appointment at least 2-weeks prior to important events such as a wedding or vacation, and at least 2-weeks prior to or post dental work, including standard teeth cleaning.

If you have a history of cold sores, please advise the doctor so they may put you on anti-viral medication prior to treatment. Please reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or infection on the area to be treated.

Be sure to have something to eat and drink before your procedure. This will decrease the chances of light-headedness during your treatment.

To minimize the risk of bruising after your treatment:

- Beginning 7 days prior to your treatment:

- Avoid chemical peels, microdermabrasion, laser resurfacing and other facial treatments

- Avoid the use of anti-inflammatory/ blood thinning medications such as Aspirin, Ibuprofen, Motrin, Advil, Aleve and other NSAIDs unless medically necessary.

- Beginning 3 days prior to your treatment:

- Avoid the use of herbal supplements such as omega-3, EFA or fish oil, st. john's wort, ginkgo biloba, ginseng, garlic, green tea, vitamin A and vitamin E

- Avoid topical products such as Tretinoin (Retin-A), retinols, retinoids, glycolic acid, alpha-hydroxy acid, other direct acids, or other 'anti-aging' products.

- Avoid waxing, bleaching, tweezing, and the use of hair removal cream on the area to be treated

- Beginning 24 hours prior to your treatment:

- Do not consume alcoholic beverages

- Do not use clay masks, scrubs or other exfoliating agents

You may take Arnica tablets 2-3 days prior to and after your treatment to help reduce the risk of bruising.

### **Day Of Your Treatment:**

Please hydrate, and have something to eat before your procedure.

For facial treatments, try to arrive with a 'clean face' free of makeup and/or clean-shaven. We encourage you to remain make-up free for a minimum of 24 hours after your treatment to reduce the risk of infection.



If you are receiving a PRP hair treatment, arrive with freshly washed hair.

If you are receiving treatment for underarm hyperhidrosis, please wear a sleeveless shirt or tank top to your appointment.

Numbing cream may be used for your treatment. If you are having a PRP treatment, the doctor will perform a venipuncture prior to your procedure.

You may experience mild tenderness, itching or stinging during and after your treatment. Redness, swelling and minor bruising may also occur. You may experience tenderness at the treatment site(s) that can last from a few hours to a few days.