



Before Your Treatment Guidelines

Plan ahead! Please avoid scheduling a procedure if you have an event within 2 weeks of an injection treatment due to the potential for bruising.

Our faces are extremely vascular, especially around our eyes. Although we make every attempt to minimize any bruising, the potential exists anytime a needle is inserted anywhere on our body.

Avoiding Aspirin, Ibuprofen etc. including Vitamin Supplements such as D,E, Fish Oil, Krill Oil, Ginkgo helps limit bruising.

Taking Arnica Montana Supplements 6C or 9C helps manage any potential bruising before or after your treatment. It can be purchased at Whole Foods.

Avoid consuming alcohol and if you're planning to exercise, please do so before your treatment allowing enough time for your body temperature to cool down. Please try to arrive with a clean dry face.

Post Procedure AfterCare

For the next 4 hours please refrain from laying down, rubbing your face, touching the area treated, wearing a hat or a headband, exercising, or lifting anything heavy. Do practice those facial movements (smiling, squinting, scowling, elevating eyebrows etc) in the area treated to help disperse the medication into the muscle. If you need to wash your face or apply makeup do so gently. Avoid scheduling any facial massages or treatments for the next 2 weeks. In about 3-7 days you will begin to see the medication taking effect and the muscle relaxing. It takes about 14 days for the medication to peak and settle. You might feel "heaviness" in the area treated. That's normal. The result will continue to improve over the next few weeks. A routine follow up appointment may be necessary to make any adjustments to the original treatment after day 14. Re-treatment is typically needed sometime around 3-6 months. Be sure to call or text [351 - 215 - 0025](tel:351-215-0025) with any questions or concerns you may have after your treatment.