



Minimally Invasive Therapy Specialists

BEFORE YOUR PROCEDURE

- 1) For 7 days prior to the procedure, you should avoid taking any medications which may increase your bleeding tendency like Aspirin, Motrin, Advil, Vitamin E etc. Also avoid herbal over the counter products like Garlic, Ginkgo Biloba, St John's Wort and Omega-3 capsules etc.
- 2) For three days prior to the procedure, avoid topical products like Tretinoin, Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other anti aging products. Avoid waxing, bleaching, tweezing and use of hair removal cream on the area to be treated.
- 3) Do not smoke or take alcohol for 24 hours prior to your procedure.
- 4) If you have history of Herpes in the treatment area, please let us know so we can prescribe anti-viral treatment prior to your procedure.
- 5) Botox should not be used you are pregnant, breast feeding.

THE DAY OF THE PROCEDURE

- 1) Do not put makeup on.
- 2) Apply ice to the treated area.
- 3) Do not exercise, use sauna, steam room or take a hot bath for 24 hours.
- 4) Exercise the treated area for a few hours. For example, practice frowning, or elevating your forehead.
- 5) Do not rub or massage the treated area.
- 6) Make your follow-up appointment before you leave.

AFTER THE PROCEDURE

- 1) Try to rest comfortably for the rest of the day.
- 2) Try not to sleep for next few hours. Stay in a sitting or standing position.
- 3) When you sleep, try not to put your face down on the pillow for the first night.
- 4) Do not have any additional treatment to your face or affected area like microdermabrasion, or chemical peels for at least 3-4 days.