



## Sleep and Wellness Medical Associates, LLC

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### PDO thread: PRE & POST CARE INSTRUCTIONS

#### BEFORE TREATMENT:

- It is recommended that patients arrive at their appointment with no makeup, make up will be removed prior to treatment
- Patients that are taking blood thinning medication (Ex: Aspirin) should consult with their physician and see if they can refrain from taking it for 3 days prior to their treatment.
- Blood thinners increase the chances of bruising, be sure to consult your physician before stopping any medication.
- **REFRAIN** from drinking alcohol prior to treatment.

#### AFTER TREATMENT:

- **REFRAIN** from using tanning machines, as well as direct sunlight, be sure to apply SPF 30+ sunscreen when going outdoors.
- You can wash the treated area **GENTLY** starting the same day as your procedure, **DO NOT** rub or massage the face for at least 2 weeks
- **REFRAIN** from opening your mouth wide for 4 weeks, be sure to reschedule any dental appointments you may have for at least 2 weeks after your treatment.
- Any stinging, pulling, or discomfort that you may feel is normal, it can be relieved with over-the-counter Tylenol 500 mg (1-2 tablets, taken every 6 hours as directed), **AVOID** NSAIDs such as Ibuprofen and Naproxen.
- **AVOID** alcohol and anticoagulant medicines (e.g. aspirin- unless it has been otherwise prescribed for 7 days. **AVOID** alcohol as well for a week and **AVOID** blood thinning vitamins such as: Vitamin A, Vitamin C, and Vitamin E.
- **AVOID** high and low temperature extremes for at least 10 days
- Avoid strenuous exercise for approximately a week
- Avoid RF or devices that product heat (e.g. cosmetic laser treatments) for at least 10 weeks
- The patient **MUST** finish antibiotics if they have been prescribed as part of treatment protocol.
- Any sensation of stinging, pulling, or scratchiness will go lessen by week 2 and subside by week 5.
- Follow up examination one week after treatment

*Please call our office at (609) 587-9944 or email us at [info@sleep-wellness.org](mailto:info@sleep-wellness.org) with any questions or concerns*

*Or refer to our website [www.sleep-wellness.org](http://www.sleep-wellness.org) for further information*