

ICONIC DERMATOLOGY

AND COSMETIC SURGERY

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Cosmetic Injectables Pre & Post Procedure Instructions

Pre-Procedure Instructions & Precautions

- Avoid alcohol for 24 hours prior to treatment (it may increase the risk of bruising)
- Avoid aspirin, ibuprofen, fish oil and garlic supplements for one week before and after your treatment. Inform the provider if you are taking blood thinners or regularly take aspirin or ibuprofen.
- You may begin taking arnica tablets 2 days prior to your appointment to decrease the likelihood of bruising.
- If you have a history of cold sores, please let your provider know prior to treatment.
- Notify the provider if there is a chance you may be pregnant or are breastfeeding.

DO'S:

- Schedule your appointment at least 2 weeks prior to a special occasion to ensure proper time for the product to take effect and any bruising or swelling to resolve.
- Do know that you may be rather swollen for the first 48 hours after your treatment, this is completely normal and expected- the swelling will subside and should resolve by 2 weeks time.
- Prop yourself up with an extra pillow the night after your treatment. This will greatly aid in reducing swelling.
- Continue arnica tablets for 3-4 days following treatment to minimize bruising.
- ****Do contact (772) 584-2388 if you have persistent pain at the injection site or blanching (whitening) of the skin immediately****

DON'TS:

- Do not massage the treated area, unless directed by your provider. It is common to feel firm and bumpy for a week or so. It is also common to experience uneven swelling while the treatment area settles, which can last for up to 2 weeks.
- Don't drink alcohol for at least 24 hours following your injections.
- Avoid dental work for 2 weeks after treatment, especially if your injections are near the mouth.