

Injectable Treatments

ANTI-WRINKLE INJECTIONS

Pre-care

To reduce the chances of bruising, please avoid the following.

- Omega 3/Fish oil
- Aspirin
- NSAID Pain relievers – (Ibuprofen/Naproxen)
- Blood Thinners (If safe to do so from your GP)
- Avoid alcohol

Aftercare

- Avoid strenuous exercise, sweating and saunas
- Avoid medications such as aspirin and ibuprofen
- Avoid excessive sun exposure
- Avoid facials, peels, laser hair removal or waxing for 2 weeks following the procedure
- Apply SPF 30+ sunscreen every day

FILLER CORRECTIONAL WORK

Pre-care

- Minimise alcohol consumption for a minimum of 24 hours before injectable treatment. Alcohol can thin the blood, making it easier for bruising to occur.
- Avoid certain supplements and medications before the procedure. If it is safe, do so or speak to your GP.
- Stop all NSAIDs (non-steroidal anti-inflammatory medications) such as aspirin, Advil, Aleve, Nuprin, Bufferin, and Ibuprofen.
- Stop all herbal supplements such as fish oil, ginkgo, and ginseng (a multi-vitamin is ok to continue).
- Please discuss any history of allergies and current medications you are taking with your injector.
- If you have a history of cold sores, it is important to let your provider know. There is a risk that the treatment could lead to an outbreak.
- If you are pregnant or breastfeeding, it is not safe for you to undergo any cosmetic injections.
- Do not schedule your treatment within 3-weeks of any big event.

Aftercare

Some more specific instructions include:

- Avoid exercise for 24–48 hours
- Avoid direct UV exposure
- Use a soothing, antiseptic cream such as Bepanthen to treat the area
- Sleep on your back for the first few nights to relieve pressure on the area and avoid disturbing the filler
- Do not consume alcohol in the first 24 hours to avoid thinning the blood
- Do not use AHAs, BHAs, Retinol, or Vitamin C for 24 hours after the procedure
- Avoid laser treatments, microdermabrasion, and chemical peels for 2 weeks following the procedure
- If there's anything you're unsure about, consult your cosmetic injector

INJECTABLE FILLERS

Pre-care

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of becoming lightheaded during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

Aftercare:

- Do not expose the area to intense heat (eg solarium or sauna)
- Avoid pressure on the treated areas for the first few nights (i.e. sleep on back of possible)
- Avoid strenuous exercise for 24 hours.
- Avoid alcohol for 24 hours
- Do not use AHA, Retinols/Vitamin C therapy or oil based make-up for 24 hours
- Avoid facials, facial waxing, Glycolic or AHA peels, IPL or energy based treatments and microdermabrasion for two weeks after treatment. Please

check with your physician before undergoing other facial treatments within this time

INJECTABLE SKIN TREATMENT

Pre-care

- Avoid using any alpha hydroxy acid products (such as glycol or lactic acid) or salicylic acid products for 72 hours before your peel
- Avoid retinol, tretinoin cream (Retin-A), waxing, electrolysis, masks, scrubs or exfoliants, tweezing, injections, microdermabrasion, the use of loofah or any products that may be drying or irritating
- If you have open lesions, active cold sores, facial dermatitis or facial eruption you are not a good candidate for the peel till after it has completely healed

Aftercare

- Avoid any aerobic exercise or vigorous physical activity for the first 48 hours
- Use of sunscreen with SPF 30 or greater at all times for at least a week after your peel. It is recommended that you continue to use these products to help protect your skin and maintain the benefits of the peel even after your initial week
- Treat the skin gently- DO NOT Exfoliate- thought you may experience mildly red, dry, or flaking skin for several days or more after your peel.
- Do not pick or pull at peeling skin

VITAMIN INJECTIONS

Pre-care

- This injection is provided to you for treatment of conditions not related to pernicious anemia. If you have been diagnosed with Pernicious Anemia (a condition wherein the body cannot absorb the B12 Vitamin from dairy products or other foods) you will be referred to your primary care physician for treatment.
- Be aware that aspirin, aspirin-containing medications (ie: Motrin), fish oil, flax seed, high doses of Vitamin A or E, Ginko Biloba, or Garlic may cause undue bleeding which may result in bruising.
- Eat a meal or light snack prior to treatment. Notify clinician if you have a needle phobia, prior to treatment. This allows the clinician to take the appropriate precautions to ensure your treatment is as comfortable as possible.
- Optimal results are achieved with clients who continue treatments routinely. Frequency will depend on your individual needs/goals as well as your medical history.

- It is normal for the injection site to burn for just a few minutes immediately or shortly after the injection. This will dissipate once the muscle is used and the product diffuses into the muscle.

Aftercare

- Effects will start to be apparent within several hours to days after treatment.
- Side effects can occur but are often very mild. The most common symptoms are: pain/redness or itching at the injection site & mild diarrhea. These side effects will pass as time goes by.
- Itching or a feeling of swelling all over the body may occur. If any of these effects persist or worsen, tell your doctor promptly. Many people using this medication do not have serious side effects.
- This medication may cause low potassium levels in the blood (hypokalemia). Tell your doctor immediately if any of these
- Optimal results are achieved with clients who continue treatments routinely. Most patients will receive injections every 2-4 weeks.