

## **EZ INJECTIONS PRE- AND POST CARE**

### **Pre-Treatment Instructions:**

- Avoid the following for at least 1 week prior to your procedure:
  - NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin)—Tylenol is allowed.
  - Certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients)
  - Systemic Steroids (prednisone, dexamethasone)
  - Alcohol and Cigarettes
- Hydrate well the day before and the day of the procedure for ease of blood draw.

### **Post-Treatment Instructions:**

- Expect mild inflammation, redness, and swelling for a few days.
- Bruising may last several weeks. You may apply arnica gel or cream to the area to help. Do not take Arnica internally, however.
- If there is significant swelling, you can use oral antihistamines such as Claritin/Allegra/Zyrtec (or generic equivalents) during the day and/or Benadryl at night.
- Avoid manipulating or pressing on the treated area for 48 hours (including having other facial treatments done). If you are concerned with any lumps felt, please call the office for a follow up appointment within a week.
- Try to sleep on an incline and not on your belly.
- Avoid any massages where you are pushing your face into a massage table.
- For at least 1 week, avoid NSAIDS (Ibuprofen, Motrin, Aleve, Naprosyn, Aspirin), certain nutritional supplements (Arnica, Gingko, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients), systemic steroids (prednisone, dexamethasone), alcohol and cigarettes.
- Eat healthy and hydrate very well (at least 64 ounces of water daily).