

NON-SURGICAL FACELIFT 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 the blood draw.

On the Treatment Day:

- Blood is drawn and processed.
- Topical anesthetic is applied to the treatment area for 20-30 minutes if needed.
- Fillers may be injected first into the areas of concern.
- If no filler is being used, then the injections will be placed into the areas of concern.
- There may be redness, swelling, bruising and a general “tight feeling” immediately post procedure and for a few days after.

Post-Treatment Instructions:

- Avoid the use of NSAIDS (ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc.) for 7 days after the procedure (Tylenol is OK for pain relief – do not exceed 4000mg in a 24-hour period).
- Avoid the following nutritional supplements for 7 days after the procedure – oral Arnica, Gingko Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin, and other anti-inflammatory nutrients.
- Avoid the systemic use of corticosteroids for 2 weeks after the procedure.
- Avoid alcohol and cigarettes for 5 days after the procedure.
- Eat a healthy diet and hydrate very well.
- Application of an ice pack or cold compress to the injection area may help reduce swelling.
- It is normal to feel “firmness” in the injection area for the first few days. The area will soften.
- If there is swelling that progresses upwards or pustules/infection seems to be occurring, call the office immediately.
- For the first 7 days, sleep on your back with an extra pillow to keep the head slightly elevated and pillows on each side. At the very least, do not sleep directly on the area just injected for a week.
- Avoid massage or any other procedure where you are putting pressure on the treated area for the next week.
- Avoid touching the area for a minimum of 6 hours of treatment.
- Avoid exercise for 6 hours post treatment to minimize the risk of pressing on the injected areas.
- Makeup may be applied immediately after treatment if no complications are present and making sure to use gentle application.