

# keep glowing

## med spa

### Mesobotox Instructions

#### Pre-Treatment Instructions:

- If you have a history of Herpes Simplex outbreaks you should take your prescribed anti-HSV viral prophylaxis prior to treatment as directed by your primary care physician.
- Stop anticoagulants 7-10 days prior to treatment, if medically permitted.
- Avoid any type of intentional tanning for 3-4 weeks prior to treatment, or use at least 30 SPF sun block.
- Discontinue any irritant topical agents for 2-3 days prior to treatment and if medically permitted.
- AVOID the use of NSAIDS (Ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc) 3-7 days before procedure. Tylenol is OK for pain relief right up to and the day of procedure- do not exceed 4000mg in a 24 hr period.
- AVOID the following nutritional supplements for 3-7 days before procedure- Ginkgo Biloba, Garlic, Vitamin E, Vitamin A, Flax Oil, Curcumin and other anti-inflammatory nutrients.
- AVOID the systemic use of corticosteroids for 1-2 weeks before the procedure.
- AVOID alcohol and cigarettes for 3-7 days before the procedure.

#### Post-Treatment Instructions:

- Tiny scabs may appear after 1-3 days and stay for several days following the treatment. The scabs should not be touched or scratched even if they itch and should be allowed to flake off naturally.
- Use a non-irritating, anti-bacterial soap for 3 days following procedure.
- Apply healing ointment or antibiotic ointment, after face is washed and for 1-3 days following treatment.
- During the first two days following treatment the treatment area should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- Moisturizer may be applied 24-72 hours after each treatment and then should be applied regularly throughout the course of the treatment. Make-up may be applied only 24-72 hours after each treatment session (Once needle holes close). Generally, 24 hours after treatment, patients may use regular soaps, but not scrub soaps or exfoliates.
- You should use a high-factor sunscreen (at least 30 SPF) and protect the treated area from over-exposure to sunlight for at least one month after the treatment, starting 24-72 hours post treatment. Excessive tanning of any sort (sun exposure, tanning beds, and artificial tanning lotions) is not allowed in the treated areas during the entire course of the treatment.
- Avoid very hot water for 2 days following treatment.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 2-3 hours (it takes approximately 2-3 hours for neurotoxin to bind to the nerve and you do not want to increase circulation during that time).
- Do not rub, touch, or manipulate treatment area for 6 hours.
- AVOID cold cloths and ice to the procedure site for 48 hours
- Avoid retinoid and Retin A medications for 7 days.
- AVOID the use of NSAIDS (Ibuprofen, Motrin, Aleve, Naproxen, Aspirin, etc) for 3-7 days after procedure. Tylenol is OK for pain relief- do not exceed 4000mg in 24 hours.
- AVOID the systemic use of corticosteroids for 1-2 weeks after the procedure.
- For best results AVOID alcohol and cigarettes for 3-7 days after the procedure.
- EAT a healthy diet and HYDRATE very well- at least 64 oz of clean fresh water daily.
- Please contact our office if you have any concerns or develop any complications related to the procedure. If you are experiencing a significant amount of pain or are unable to reach our office we advise you to report to your nearest emergency room.
- For optimal results, you should follow up as directed by your practitioner.