

Laser Skin Solutions

Hair & Vein Removal ♦ Sun Spot Removal ♦ Restylane ♦ Botox ♦ Skin Care ♦ Tattoo Removal

MESOTHERAPY/LIPODISSOLVE PRE & POST CARE INSTRUCTIONS

Prior to treatment:

- 1.) Be aware that aspirin, non-steroidal anti-inflammatory medications (includes Advil and Aleve), vitamin E, alcohol, and ginkgo biloba will thin the blood and may increase the possibility of bleeding and bruising.
- 2.) Tylenol is only a pain reliever and therefore can be used for pain control before or after your treatment.
- 3.) If you bruise easily, you may begin using sublingual Arnica (purchased at health food stores or from our office) several days prior to treatment and throughout the course of your treatments.
- 4.) Wear dark clothing to your appointment.
- 5.) Caffeine, prior to treatment, may increase sensitivity/pain.
- 6.) Please eat a small meal & drink adequate fluids prior to your treatment.

After Treatment:

- 1.) Do not use hot tubs, take sit-down baths, or use lotions for 4 hours following your treatment to decrease the possibility of introducing infection.
- 2.) Expect signs of inflammation, including stinging, itching, redness, aching, tenderness to the touch, minor bruising, and/or minor swelling post-treatment.
- 3.) Moderate exercise is recommended to enhance circulation and optimize fat metabolism. Avoid weight training for approximately 48 hours.
- 4.) On average, patients begin to see improvement after 3 treatments, with optimal results after 4-10 treatments.

For eye pads and jawline: Expect extreme swelling and inflammation!

This swelling, redness, aching, and itching is normal and necessary for good results.

Do not take anti-inflammatory medications as this may cause poor response to treatment.

Mesotherapy and Lipodissolve treatments can be scheduled every 2 weeks.

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