

Von Lux Medical Aesthetics

627 Capitola Ave, Suite A. Capitola, CA 95010

Instructions for Cosmetic Injections

Before Treatment

- Avoid aspirin, vitamin E, St. John's Wort, Fish Oil, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days
- If possible, come to your appointment with a cleanly washed face, without make-up
- If you have a history of oral herpes simplex, you should be pre-treated prior to injections around affected areas
- Avoid makeup on the day of treatment

After Treatment

- Do not massage the treated areas
- Avoid lying down for 4 hours, do not lie face down on treated area
- Avoid applying heat to the treated area until swelling or bruising has resolved
- Avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning
- Avoid prolonged sun or UV exposure
- Avoid steam baths, saunas, swimming until any swelling and bruising have resolved
- Routine washing and showering is fine
- Skin redness and swelling in the treatment area is common. This should resolve within a few days. If it persists longer than 5 days, please contact your physician
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every hour as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs it typically resolves within 7 – 10 days
- After treatment, oral and/or topical *Arnica montana* may help reduce bruising and swelling.
- If 2 – 3 weeks after treatment you feel that you require a touch-up, please contact the office so that we may take care of you