

THE *Aesthetics* Lounge and Spa

Fat Reduction Pre/Post

PRE-TREATMENT INSTRUCTIONS

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face, or an infection in the area. Inform your medical provider if you are on blood thinners or have had procedures or surgery of your lower face or neck.
- Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 5 days prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take 1g of acetaminophen (Tylenol) one hour prior to your scheduled appointment.
- Plan your procedure so that you can have 4 full days before returning to work or important social engagements.
- Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.

POST-TREATMENT INSTRUCTIONS

- After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last less than 10 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact the office to speak with your Injector.
- You may apply ice packs to the area every hour for 15-20 minutes at a time up to 3 days after injection.
- Do not participate in strenuous activity for 3 days following treatment
- Sleep with your head elevated on 2 pillows.
- Do not scratch the area in any way.
- Do not massage or manipulate the injection site.
- You may apply your normal skin care regimen and sunscreen normally.
- Call the office if you have any difficulty swallowing, asymmetry of your smile or any other unusual symptoms.

Signature

Patient Consent Signature