



PRE AND POST TREATMENT INSTRUCTIONS FOR NEUROMODULATORS

PRE-TREATMENT INSTRUCTIONS:

- Begin taking Arnica Montana pellets (strength 12C) three (3) days prior to injections and continue taking them for five (5) additional days or as long as needed for bruising and/or swelling.
- If you have a history of herpes and have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Contact us before your treatment about medications that may minimize a recurrence.
- Reschedule if you have a cold, blemish or rash on your face before treatment.
- If you have a special event or vacation coming up, schedule your treatment at least two (2) weeks in advance to allow for results.

POST-TREATMENT INSTRUCTIONS:

- DO NOT TOUCH, press, rub or manipulate the injected areas for six (6) hours after treatment. You can cause irritation, sores, and/or problems and possible migration or scarring if you do.
- AVOID – anything restrictive across the treated area for four hours after treatment.
- AVOID – lying face down or having a massage for four hours after treatment.
- Schedule a two (2) week follow up appointment.
- After treatment, you may have some redness and/or swelling. This will normally last less than 24 hours. If it continues longer or if other reactions or side effects occur, please contact our office.
- Sunbathing and cold outdoor activities should be AVOIDED until any redness or swelling disappears.
- One side may heal or show results faster than the other.
- Allow ten to fourteen days for full results.
- Schedule a follow up treatment BEFORE the product fully dissipates to maintain your refreshed appearance. Please be sure to consult your cosmetic injector about recommendations for touch up or follow up treatments.

