



CENTER FOR
AESTHETIC SURGERY
★★★★★

INJECTIONS – HOME CARE

Pre Treatment

- Please avoid use of the following medications at least 14 days prior to your injection appointment.
 - Aspirin
 - Excedrin
 - Ibuprofen (Motrin, Aleve, Advil)
 - St. John's Wort
 - Omega 3 fatty acids
 - Vitamin E
 - Ginko Biloba
 - Ginseng
 - Cayenne
 - Almonds
 - Any prescription medication that's considered a blood thinner

Helpful Tips

- If you need pain medication, Tylenol is always fine to use.
- Avoid Alcohol and Garlic 1-2 days prior to the injection
- Take Arnica Montana or Bromelain to reduce post-injection swelling. (Available for purchase at The Center For Aesthetic Surgery)

Post Treatment

- You may feel swollen, bruised, red or tender at the injection site. Don't worry, this is very common and can last 1-14 days. Applying a cold compress for 10 minutes routinely after your appointment will reduce swelling.
- Avoid alcohol for 24 hours.
- Sleep with your head elevated for the first 1-2 nights depending on level of swelling.
- It may take up to 14 days for the results to fully "settle in."
- Avoid exercise or any activity that raises your heart rate for 24 hours
- Avoid Aspirin, Ibuprofen, Aleve, or Advil for 2 days. You may take Tylenol.
- Do not massage or squeeze injection area for at least 3 hours, unless you had Sculptra
(Sculptra only – massage for 5min, 5x daily – for 5 days)

Feel free to contact us with any questions! 817-503-2442