



PRE INJECTION Precautions & Recommendations

Remove makeup prior to treatment

To decrease the risk of bruising or bleeding:

1. Stop taking all forms of Vitamin E, Green Tea, and Fish Oil, large quantities of Garlic, Non-Steroidal Anti-Inflammatory drugs such as Motrin, Ibuprofen, Aspirin, Aleve, and Excedrin. You may take Tylenol only.
2. Drink 8 oz. of pineapple juice or nectar twice a day, 2-3 days before and 2-3 days after injections or take a Bromelain supplement twice daily.
3. Take Arnica Montana tablets as directed by your provider.
4. Increase consumption of green leafy vegetables.
5. Discontinue alcohol consumption 4 days before and 3 days after injections.

Kybella® Injections

- Males having Kybella need to shave prior to treatment.
- Mild to severe swelling is common and on average last 11 days; please take into consideration any upcoming social plans and work commitments following your treatment. Decrease or eliminate salt intake before and after treatment.

INJECTABLE PRODUCT DEGRADATION: Clinical results will vary per patient based on factors that include but are not limited to: patient's age, skin type, skin condition, sun damage, metabolism, smoking, alcohol or drug consumption, medications, illness, excessive stress, weight gain or loss, and environmental exposures. Many of these factors are known to contribute to limitations in product longevity and impact overall desired results.

POST CARE Precautions & Instructions for Neurotoxins

1. Do not bend over, lie down, exercise, touch the injection area, or wear a cap or hat for 4 hours post injection. Keep your chin level with the ground.
2. "Scrunch and relax" facial muscles every 10 minutes for ½ hour post injection.
3. If this is your first treatment in our clinic, please schedule a 2 week post treatment follow-up appointment for evaluation, photos, and a touch up if necessary.
4. Schedule an appointment for a 3 to 4 month follow-up treatment.
5. The use of Arnica Montana as directed or drinking 8 oz. of pineapple juice once a day for 3-5 days post treatment may help the healing and bruising process.
6. Applying Revision Vitamin K Serum twice daily will also help diminish bruising.

Neurotoxins take 3-7 days to begin working. Optimal results are seen at 14 days and can last 3 to 4 months.

POST CARE Precautions and Instructions for Dermal Fillers, PRP, Kybella and Sculptra

Please call Harmony Skin & Wellness Clinic (970-282-8266) immediately if you have any concerns with unusual discoloration of the skin or severe pain.

General Information:

1. Do not exercise for the remainder of the day.
2. **To avoid infection do not touch the injection site.** Be gentle when washing your face this evening.
3. **To avoid infection** refrain from applying cosmetics for the remainder of the day.
4. If this is your first treatment at our clinic, please schedule a follow-up appointment within 10-14 days for a post treatment evaluation, photos, and a touch up if necessary.
5. Schedule your next treatment according to the recommendations of your provider. This will depend on the filler used, normally between 3 months and 1 year. (Over)

POST CARE Precautions and Instructions for Dermal Fillers, PRP, Kybella and Sculptra

General Information continued:

6. Occasionally, your injector may recommend that you apply ice to the area injected to help with swelling or bruising. Do not take an aspirin or aspirin derivative product for discomfort. Tylenol is recommended for any discomfort
7. The use of Arnica Montana as directed or drinking 8 oz. of pineapple juice once a day, for 3-5 days post treatment may help the healing and bruising process.
8. **To decrease swelling:** Sleep with your head elevated, increase water consumption and decrease salt intake.

Platelet Rich Plasma (PRP) Clients:

DO NOT USE ICE OR COLD PACKS. The PRP is rich in platelets that carry growth factors. These are living cells that require a **neutral temperature** to replicate. Extreme hot or cold temperatures will compromise efficacy.

- Do not touch the injection area
- Do not drink very hot or cold beverages for 48 hours
- Avoid exposing yourself to extreme hot or cold temperatures or to large swings in temperature for 1 week
- Do not go to a sauna or steam room for 48 hours
- Do Not Swim or undertake any strenuous exercise or expose yourself to long periods in the sun for 48 hours
- No exfoliating treatments such as microdermabrasion or peels for 2 weeks
- No laser hair removal for at least 6 weeks
- No aesthetic laser treatments for 8 weeks or as determined by your provider
- **To minimize bruising**
 - Continue to drink 8 oz. of pineapple juice or nectar twice a day, for 2-3 days after the PRP injections.
 - Continue to take Arnica Montana Tablets (sub-lingual), 3-4 tablets, 3 times a day for 3-4 days after your treatment.
 - Continue increased consumption of green leafy vegetables and lean proteins
- Discontinue alcohol consumption **for 3 days** post treatment.

Kybella clients:

- Mild to moderate swelling is likely and on average last 11 days. Swelling generally becomes less severe and happens less often with each following treatment session.
- Besides swelling, other common side effects include bruising, pain, numbness, redness and areas of hardness in the treatment area. Due to possible numbness, men need to take care when shaving.
- Sometimes serious side effects can occur, including nerve injury in the jaw (which can cause an uneven smile or facial weakness) or trouble swallowing. Contact **Harmony Skin & Wellness Clinic** (970-282-8266).

Sculptra clients*:

- Massage the treated area(s) for 5 minutes, 5 times a day after your treatment for 5 days.
- Within the first 24 hours after your treatment, apply ice or cold packs wrapped in cloth (avoid putting ice directly on your skin) to the treatment area to help reduce swelling.
- NO MAKEUP for 24 hours to treated areas.
- Avoid excessive sunlight and UV exposure. Your provider can recommend a quality sunscreen.

***Important Information on Sculptra Appointments:**

As part of your Sculptra treatment, advance product preparation is required. Once the Sculptra vials are reconstituted they must be used at the time of your scheduled appointment. If for any reason the appointment is cancelled the Sculptra product will be discarded. Therefore, it is **critical to keep all scheduled appointments** or risk losing the cost of the product (1 to 2 vials). **If you must reschedule, it must be done 4 days before your appointment.** Unfortunately, even in case of an emergency or sudden illness, reconstituted Sculptra will be discarded at the client's expense.