PULSE IV WELLNESS THERAPY

Injectables: Pre- and Post-Treatment Instructions

Dermal filler and wrinkle relaxers

Injectable Pre-Treatment Instructions

- **Please arrive with a clean, makeup-free face.** If you arrive wearing makeup, it will need to be thoroughly removed prior to treatment. Makeup can harbor bacteria, and proper cleansing helps minimize the risk of infection.
- **To help minimize bruising and bleeding**, avoid alcohol, aspirin, ibuprofen (Advil/Motrin), fish oil, St. John's Wort, oral vitamin E, and other NSAIDs for 24 hours before treatment, unless otherwise directed by your healthcare provider.
- If you take **blood-thinning or anticoagulant/antiplatelet medications** (such as warfarin/Coumadin, heparin, Lovenox/enoxaparin, clopidogrel/Plavix, or similar medications), please discuss this with your healthcare provider before treatment. **Do not discontinue any prescribed medication without first consulting the prescribing provider.** Certain medications may increase bruising or affect your candidacy for treatment.
- If you have a history of **cold sores (oral herpes simplex)**, take your prescribed antiviral medication (such as valacyclovir/Valtrex, acyclovir, famciclovir/Famvir, or another prescribed medication) as directed by your healthcare provider.
- Please notify **Pulse IV Wellness Therapy** before your appointment if you develop a cold sore, active acne, rash, skin irritation, open wound, or other lesion in or near the treatment area. Please also notify us if you develop an illness or are not feeling well before your appointment.
- Inform your provider of **any changes to your medical history, medications, supplements, allergies, or overall health** since your last appointment. Please notify us if you are pregnant, breastfeeding, or trying to become pregnant.
- Please notify your provider if you have previously used **isotretinoin (Accutane)**. Recent or prior use may affect your candidacy for certain cosmetic treatments.

Dermal Filler Post-Treatment Instructions

- Avoid unnecessary **touching, rubbing, or applying pressure** to the treated area for approximately 6 hours following treatment unless your provider gives you different instructions. After this period, the area may be gently cleansed with soap or cleanser and water, and makeup may be applied.
- Avoid vigorous exercise, facial massage, aggressive exfoliation, scrubs, or other facial treatments involving the treated area for approximately **24–72 hours**, or as directed by your provider.
- Mild swelling, redness, tenderness, and bruising are common following dermal filler treatment. These symptoms generally improve over the first several days.
- **Cool compresses** may be applied intermittently to help with swelling and discomfort. Do not apply excessive pressure to the treated area.

- For discomfort, **acetaminophen (Tylenol)** may be used if it is medically appropriate for you. Avoid NSAIDs when possible immediately following treatment if your provider has recommended avoiding them due to bruising.
- Oral or topical **Arnica Montana** may help reduce the appearance of bruising in some patients. Speak with your healthcare provider before using Arnica, particularly if you have kidney or liver disease or take other medications.
- Avoid manipulating or massaging the treated area unless specifically instructed to do so by your provider.
- If you develop increasing pain, significant swelling, warmth, drainage/pus, worsening redness, or fever, **contact Pulse IV Wellness Therapy promptly** for further evaluation.

What to Expect

- **Swelling:** Swelling may begin shortly after treatment and typically improves over several days. Some areas, particularly the lips and under-eye area, may experience more noticeable swelling.
- **Lips and under-eyes:** These areas can swell significantly following treatment. Sleeping with your head slightly elevated and using cool compresses may help minimize swelling. Avoid particularly salty foods if they tend to worsen your swelling.
- **Tenderness:** Mild aching or tenderness is common, particularly following treatment of the lips, cheeks, or chin. Cool compresses and acetaminophen may help.
- Bruising may occur and can take several days to resolve.

Wrinkle Relaxer Post-Treatment Instructions

- Results are not immediate. **Botox typically begins to take effect within several days and may take up to approximately 14 days for full effect. Dysport may take several days and may take up to approximately 7–14 days for full effect.**
- A follow-up appointment may be recommended approximately **10–14 days after treatment**, particularly for first-time patients, to assess your results and determine whether any adjustment is appropriate.
- Additional product, when clinically appropriate, may be recommended if further correction is desired. Any treatment adjustments will be determined by your provider based on your individual anatomy, treatment goals, and response.
- Oral or topical **Arnica Montana** may help reduce the appearance of bruising in some patients. Consult your healthcare provider before using Arnica, particularly if you have kidney or liver disease or take other medications.
- Wrinkle-relaxer treatments typically last approximately **3–4 months**, although duration varies from person to person and depends on the treatment area, product used, dosage, metabolism, and individual response.
- If you experience a sensation of **heaviness or increased pressure in the forehead or eyebrows** following forehead treatment, please contact your provider so your response can be assessed.
- Following treatment of the upper lip, some patients may temporarily notice changes in activities such as drinking through a straw, whistling, or pronouncing certain words. These effects are generally temporary.

Please contact the office immediately if you experience:

- **Severe or worsening pain** at or near the injection site.
- **Increasing swelling, redness, warmth, or drainage**, particularly if these symptoms develop or worsen after the first 48 hours.
- **Blanching or whitening of the skin** in or around an injection area.
- Significant discoloration, unusual skin changes, or other symptoms that concern you.
- Any sudden or unexpected symptoms following your treatment.

Pulse IV Wellness Therapy
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