

### **Neuromodulator (Botox/ Dysport Xeomin)**

DO NOT bend or lay down for 4 hours following treatment. DO NOT massage the area (we want the toxin to stay where it is). Avoid exercising for the rest of the day. A mild headache can sometimes occur, you can take Tylenol for headache if no contraindications. It can take up to 7 days to show full effect. After this time, touch-ups may be needed based on strength and asymmetry of your muscles. Mild swelling like mosquito bites can occur & resolve in 2-3 hours. Bruising can occur in some cases and resolve in a few days.

### **Injectable Fillers**

Ice the area every 1-2 hours for the first 24 hours as much as possible. It is normal to feel lumps and bumps in the injected area, please massage those gently if felt. It can take up to **30 DAYS** for the filler to show its full effect and settle in under the skin. Expect bruising and swelling which can sometimes be significant especially if on certain medications. If the injected area is tender, you may take Tylenol as needed if there are no contraindications. The filler naturally draws water and thus swelling is very common. The amount of bruising/swelling varies in individuals but in some can be extreme. Start oral Arnica (over the counter) if any bruising apparent first 24 hours. Swelling and bruising can take up to 30 days to resolve. Unevenness of the skin can occur where filler was injected and will usually resolve. Conservative dosing is used for all patients, and you may need more filler for maximum prevention and correction in 2-4 weeks.

### **PRP HAIR**

Avoid heavy exercise for the first 24 hours and hydrate. You can resume your recommended shampoo and hair serum immediately. Avoid hair coloring for the first 24 hours post procedure. Avoid all styling products (gel, mousse, spray) for 24 hours. Avoid alcohol for 24 hours, as it may decrease response. Use ice-pack as necessary throughout the day for mild discomfort. You may take Tylenol ES 2 tablets if no contraindications every 8 hours for pain or discomfort for headache. Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur as this is one mechanism by which PRP works.

### **Microneedling/ PRP Microneedling/ RF Microneedling**

Avoid direct sun-exposure for at least 48 -hours after your procedure. For first 48 hours post procedure **ONLY** use water to wash and apply recommended sunscreen. After 48 hours, resume your recommended medical grade and RX regimen. Avoid any other products or makeup for 7 days if possible as skin channels are open. A sunburn-like redness/irritation is expected. The skin will be tight for the first 24-28 hours and will start to peel, this is normal. Apply **ONLY** the recommended moisturizer as needed. Peeling may continue for several days after the procedure, this is expected. Do not pull the skin. Results vary for each patient, please continue your entire cycle of treatments. Maximum results are seen 3 months after your last treatment. Repeat treatments every year for best results.

### **Dermaplaning**

Moisturize with recommended products & follow with recommended sunscreen daily. Repeat treatment every 6-8weeks for best results.

### **Kybella**

Ice packs may be used to the treated area during the first 24 hours – ice for 15 minutes of every hour (may re-use ice pack). If no contraindications to ibuprofen take 200mg three times daily beginning the day of your treatment for 3 days. Significant swelling and mild pain are expected, and worse during the first 48-72 hours. Ice and ibuprofen will help. Avoid strenuous exercise the day of your treatment. You may experience loosening and jiggling of the subcutaneous fat. This is expected as the fat cells dislodge and are cleared. Swelling, bruising and jiggling of the fat can last a few weeks before resolution. Notify our office if any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs.

### **Chemical Peel/ Glow Facial**

Avoid all direct sunlight for at least 7 days. For **7 DAYS** post procedure **ONLY** apply the recommended cleanser, moisturizer, and sunscreen. Approximately 48 hours after treatment, your skin may start to peel or slough off. This may last 2-5 days. This is expected. Do not pull the skin off and let it naturally fall off. **AVOID** use of any harsh brush, clarisonic, or washcloth to cleanse. Redness, swelling, tightness may occur. This is expected. You may take Ibuprofen and moisturize as needed. Itchy hives may occur in some patients. If you develop this, take Zyrtec 10 mg daily for 2-3 days. Discontinue waxing, laser, or any other skin procedures for 7 days post treatment. For continued redness and irritation, it is safe to use 1% hydrocortisone cream twice daily for 2-3 days.

### **TCA 40% Peel/ Phenol Peel/ MD peel**

These are the strongest medical peels available applied by an experienced MD. For 14 days post procedure: **AVOID** direct sunlight and apply recommended sunscreen **DAILY** (re-apply every 2 HRS if outside) and wash with water only or recommended gentle cleanser. Resume your normal recommended skincare after 7 days. If discomfort or itching, start hydrocortisone 1% ointment (over the counter) once daily on affected areas for up to 3 days post treatment . If swelling occurs, take ibuprofen 400 mg (if no contraindications) as needed every 8 hours. Expect significant peeling, redness, and tightness on the skin for the first 5-7 days. Some areas may turn dark brown or purple due to loss of tissue.. Do not pull the skin. Results take weeks to months to show and repeated treatments are usually recommended for best results.

### Laser/Photofacial

Use only the recommended sunscreen and skin care daily for 14 days. Start oral arnica daily for 2 weeks. Avoid direct sun for 4 weeks. Expect bruising, redness, irritation, burning, and peeling. This is expected. You may use hydrocortisone 1% cream daily on affected areas up to 7 days post treatment. Cool compress can also be used to decrease redness or swelling. Do not exercise vigorously for 48 H post treatment. Several treatments may be needed for maximum effect. Avoid chemical peels, dermabrasions, laser resurfacing, or any cosmetic invasive procedures for 4 weeks post treatment.

### Liquid Nitrogen (LN2)

The treatment results in a freeze-burn, which resembles a thermal or heat burn. You may or may not form a blister after freezing. A dull aching pain may persist for 2-3 days. A scab usually forms in 2-3 days. You may also see some swelling for a few days. Healing occurs from 7-21 days (average 10 days). If a blister is uncomfortable, it is permissible to drain the fluid by pricking the edge with a sterilized needle (dipped in alcohol for 5 minutes). A clean band-aid may be applied for 2-3 days or until the area is healed. In most cases, more than one visit may be necessary, please return in 2 or 3 weeks for warts or 1 month for precancerous lesions.

**Cosmetic Freezing:** This is a much lighter freeze. The lesions will scab and fall off in 5-7 days. For 7 days post procedure: avoid direct sunlight. Resume using recommended products after 24 hours for best results. A light/dark discoloration can occur which may take months to improve. Retreatment may be required for best results.

### Canthacur

Cantharidin is a topical solution used for the treatment of warts and molluscum. Blistering at the application site is the desired effect. The area should be washed with soap + water 4-6 hours after application. The treated area may become red, irritated, swollen, and blistered. This is an expected reaction. If blistering is too painful, you can take Tylenol as needed as long as ok with your primary MD. Do not tear the roof of the blister and allow it to naturally burst and scab over. After lesions are scabbed, the patient may resume normal swim/group activities. The treated area can become light or darker in color and scar due to the nature of the virus and not the treatment. The open lesions are considered infectious and contact should be avoided as much as possible. Multiple treatments are usually required.

### Electrodesiccation

Skin-colored scabs appear overlying the treated area. These will fall off naturally within 2-4 weeks. Do not pick the area. Allow the scab to naturally fall off. Resume recommended skincare immediately, in fact it helps maximize results. SUNSCREEN is key daily. It may take a few weeks until lesions are fully healed. Repeat treatments may be necessary for full resolution. A light/dark discoloration can occur in the treatment area. Use of daily sunscreen and recommended products will improve results. For best results, repeated treatments may be necessary.

### Skin Biopsy

Leave band-aid on for 24 hours, then remove. Clean the area gently with soap and warm water daily. Pat dry. Do not rub. Apply Vaseline daily as needed, followed by recommended SUNSCREEN. Allow the wound to scab over naturally. No need to keep covered unless desired. *Pathology results will be available in approximately 1 week. If you have not heard back from us by this time, please call or email our office.*

**Cosmetic Shave Removal/ Snip removal:** Follow exact instructions as above. Apply recommended scar cream followed by recommended sunscreen daily. The area may turn darker in color. Chemical peels or additional lightening skin care may be needed.

### Post op (skin surgery)

Your pressure dressing should stay on for 24 hours. Please avoid getting the area wet for 24 hours. Minimal bleeding or oozing can occur sometimes, especially if on blood thinners. If bleeding occurs, place firm continued pressure on the area for 15-20 minutes. If bleeding continues, apply pressure for 15-20 minutes more. If the wound continues to bleed, please contact the office. If after-hours, please contact your nearest Emergency or Urgent Care **REMOVE THE DRESSING IN 24 HOURS AS BELOW:** Wash hands first, allow dressing to get wet and then remove. Apply Vaseline followed by recommended sunscreen daily. There is no need to cover the wound after dressing is removed, however if you prefer to cover during work hours, use a band-aid. Continue this treatment until the wound has healed. Wounds can take up to 6 months to develop a full scar. Scars can take up to 12 months to fully show their color. The area may be darker and slightly red and itchy. If you experience extreme itching, redness, pain, discharge, fever, or any other concerns please contact office. For 2 weeks following surgery do not take any NSAIDS for pain, only Tylenol every 8 hours as needed (if no allergy and ok with PCP). Continue to take all your other medications as instructed by your regular doctor. Avoid strenuous strain on the wound for at least 14 days. This includes strenuous exercise, running, yoga, swimming, and/or lifting >20 lbs.

### Biologic Medications

These medications can take some time for approval your insurance. Your insurance dictates all required paperwork and the time can vary from weeks to months. In some rare cases insurance requires you to try other medications prior to starting the biologic. A one-time annual processing fee is required for administrative work. For ANY questions regarding your prescription status please contact the PHARMACY directly below. Any medical questions regarding your prescription will be discussed with you on your visit. Calls regarding prescription status will be directed back to the pharmacy. This pharmacy serves as the third party between your insurance company and the pharmaceutical company.