

MED SPA EXPRESS

post care instructions

FILLER

Any questions or concerns please contact:

Jordyn Harman

712-358-2420

- Do not smoke or drink through a straw for 72 hours
- Avoid alcohol for 24-72 hours post procedure.
- Avoid direct sunlight for 24-72 hours
- Avoid tanning beds for 2 weeks
- Avoid peels, microneedling, waxing, or cosmetic treatments of the area for 2 weeks
- Avoid exercise for 24 hours
- Bruising & swelling is normal
- Avoid aspirin/ibuprofen & anything that can thin your blood 24 hours pre & post treatment
- If you develop symptoms of a vascular occlusion (pain, hypopigmentation, discoloration) notify Jordyn Harman immediately