



SKINVIVE

PRE AND POST CARE

PRE-TREATMENT CARE

- If okayed by your healthcare provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- You may use Arnica tablets 2-3 days prior to injections to reduce the risk of bruising.
- Any antibiotics taken need to be completely finished two weeks prior to injection appointments.
- Separate any dental visit out two weeks before/after any injection appointment.
- Separate any immunizations or booster injections out 4 weeks before/after any injection appointment.

POST-TREATMENT CARE

- Avoid wearing makeup for 24 hours. Sleep with your head elevated. Do not massage your face aggressively or press/manipulate the treated area.
- If okayed by your healthcare provider, avoid taking any blood thinning medications (listed above) for at least 48 hours after treatment.
- If tender you can take Tylenol. We do not recommend icing the area, however you can use a clean, cool rag to help with any potential bruising and swelling.
- Take Arnica to decrease bruising and swelling.
- Stay well hydrated.
- Avoid alcohol, exercise, hot tubs, saunas for 48 hours.
- Watch skin for any unusual discoloration or bruising, contact us immediately if they occur.

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!