

# TREATMENT CARE:

## •HYALURONIC ACID•

(APPLICATION)

### BEFORE

- Avoid taking NSAIDs (Paratamol, ibuprofen, naproxen, etc.) or aspirin 48 hours before the procedure.
- Avoid going to the procedure with the area to be treated tanned, with injuries, inflammation or skin infections.
- Avoid laser hair removal 24 hours after applying the treatment.
- Avoid alcohol consumption 24 hours before.
- Go to the application without makeup or with the availability to remove it.
- Take arnica globules, 5 every 2 hours 24 hours before treatment.
- Avoid the consumption of vitamin E and herbal supplements such as ginseng, ginkgo, garlic and ginger, for two weeks as they tend to reduce blood density.

### AFTER

- Avoid sun exposure for 48 hours.
- Use of SPF 50+ sunscreen
- Avoid high temperatures such as sauna or steam for 7 days.
- No alcohol for 48 hours.
- No physical activity for 48 hours.
- Do not touch or massage the treated area.
- Take arnica globules, 5 every 2 hours for 4 days.
- Avoid contact with water from swimming pools or beaches for 24 hours after treatment.
- Avoid using makeup or alcohol-based products on the treated area 24 hours after treatment.
- Go to the review appointment 7 to 10 days after the treatment.
- Discontinue the application of products that contain (AHA) salicylic, glycolic, citric, lactic, etc. 8 days after the procedure.
- Sleep on your back 2 nights after treatment.
- Avoid consuming hot drinks or irritating foods after lip filler.



# TREATMENT CARE:

## ·BOTULINUM TOXIN·

(TYPE A)

### BEFORE

- Avoid taking NSAID medications (paracetamol, ibuprofen, naproxen, etc.) or aspirin, which interfere with blood clotting 48 hours before the procedure.
- Avoid alcohol consumption 24 hours before.
- Go to the application without makeup or with the availability to remove it.
- It is suggested to take arnica globules, 5 every 2 hours, 24 hours before treatment.
- Avoid the consumption of vitamin E and herbal supplements such as ginseng, ginkgo, garlic and ginger, for two weeks as they tend to reduce blood density.

### AFTER

- Avoid sun exposure or extreme heat for 7 days after treatment.
- Gently wash your face with the products indicated by the doctor, with a clean towel, preferably soft, pat dry without rubbing the treated area for 12 hours. after the procedure.
- Do not rub or massage the area for 12 hours.
- Avoid contact with sweat in the area for 12 hours.
- Apply SPF 50+ sunscreen daily after washing your face.
- Avoid performing high-performance physical activities from application to 72 hours. after.
- Discontinue the application of products that contain (AHA) salicylic, glycolic, citric, lactic, etc. 48 hrs. after the procedure.
- Keep the skin hydrated with the products indicated by the doctor.

