



REVIVE
MED SPA OF SACRAMENTO

Pre and Post Care Instructions

First and foremost, thank you for being a client! Please read the following regarding recommended care before and after treatments. These recommendations will help minimize any adverse reaction or complication and provide the best aesthetic result after treatment. If you have any questions, please do not hesitate to contact us at (916) 672-0179 or email us at ReviveMedSpa916@gmail.com.

Before Botox or Fillers:

- ◆ Please schedule your appointment at least 2-3 weeks in advance before any big event; wedding or vacation. This will ensure you have ample time for any bruising or swelling to resolve.
- ◆ Be sure to schedule your Botox before you notice full movement of your facial muscles return. It is best to stay consistent with treatment to ensure the best possible results.
- ◆ It would be best to avoid consuming any alcohol at least 24 hours before any treatment. Alcohol may thin the blood and increase bruising.
- ◆ Unless medically necessary, avoid over the counter anti-inflammatory/blood thinning medications/supplements for at least 10 days before treatment. These are non-prescribed medications such as Vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Naproxen. These types of medications may have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- ◆ Consider rescheduling your appointment, at least 24 hours in advance, if you have a rash, cold sore or blemish in the area of potential treatment.
- ◆ Be sure to have a good meal before treatment to help prevent lightheadedness.

After Botox or Fillers:

To Help minimize migration of Botox/Filler or other adverse reactions:

- ◆ Do not touch, massage or manipulate the area treated.
 - If you just received lip filler, it is normal for the lips to be swollen, asymmetrical and have a few lumps/bumps after treatment. Don't worry, swelling will improve daily and your lips will adjust to the newly placed filler.
- ◆ Gently cleanse area and continue normal routine skincare; avoid heavy pressure/exfoliation. Avoid makeup until the next day if possible.
- ◆ Please do not lay down for the next 4 hours.
- ◆ Avoid exercise or strenuous activity for the next 24 hours, including yoga!
- ◆ Avoid high heat exposure, including saunas, steam rooms, hot tub for 24 hours.
- ◆ It is common to develop a headache for days after Botox or Filler. Applying a cold compress or taking over the counter Tylenol (unless otherwise instructed not to) may alleviate symptoms.
- ◆ Bruising or swelling may occur, especially around the eyes and is sometimes unavoidable. Applying ice directly after the procedure may help. Arnica supplements or topical application may help with bruising and swelling as well. Consider Bromelain supplements too! Bruising and swelling typically resolves within 1-2 weeks.

Please note:

If you are experiencing any difficulty breathing, swelling in the mouth or face, or any other life-threatening reaction, please call 911 or go to the nearest Emergency Department.

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