



Perfect Symmetry Aesthetics

Aesthetic Pre and Post Instructions

PRE-PROCEDURE INSTRUCTIONS:

Avoid taking Aspirin, non-steroidal anti-inflammatory drugs (NSAIDS) such as Motrin, Vitamin E, Ginger, Ginkgo Biloba, Ginseng and Garlic 3-5 days prior to the procedure. These drugs and herbs may cause excessive bleeding and bruising. We recommend using Vitamin K cream to help reduce any bruising and Arnica Forte to help reduce any swelling.

POST-PROCEDURE INSTRUCTIONS:

1. Avoid applying pressure or massaging the treated areas for after the procedure. This may disperse the neurotoxin or dermal filler into undesired areas.
2. Avoid lying down or bending over for 4 hours after the treatment as this may move the neurotoxin into undesired areas.
3. Sleep on your back elevated to 30 degrees for 2 weeks following filler to the face. Also change your sheets and keep pets off the bed to avoid infection.
4. Avoid exercise and yoga for at least 24 hours after receiving neurotoxin and 48-72 hours after dermal filler. This may raise your blood pressure and pulse causing more bruising and swelling or undesired placement of product.
5. Avoid make-up after the procedure, for the remainder of the day. DO NOT RUB or apply pressure to the area.
6. You may apply cold compresses to the treatment sites to reduce swelling and bruising.
7. Note that any bumps or marks from the injection will go away within a few hours. If you do develop a bruise, it will resolve like any other bruise, may take up to 2 weeks. Use ice for the first 2 days and then continue to use Arnica and vitamin K until resolved.
8. There is occasionally some mild pain, swelling, itching or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer. Please call immediately if a bruise develops outside of the injected area, if the bruise looks lacy or skin is blanched and if you develop pain apart from expected soreness and tenderness.
9. We recommend using Vitamin K cream to help reduce any bruising and Arnica Forte to help reduce any swelling.
10. Results of your neurotoxin treatment may take up to 14 days to take full effect, although many people will recognize the benefits in 3-5 days after treatment. Dermal Filler swelling can last 2 weeks especially in the lips, wait 14 days to see the final result.
11. Neurotoxin and Dermal Filler are temporary procedures. The effectiveness may last longer with successive treatments.
12. Movement and volume loss will start to return gradually and most clients need a repeat treatment within 3-6 months.
13. Our complementary one time touch up policy is only valid during days 11-15 after original injections, at the discretion of the injector. The complimentary touch up does not include

additional units required because there is still movement and it does not apply if less than 1 area (20) units was used in the forehead or glabella (11's) or (12) units was used around each eye. Off label use of neurotoxin for gummy smile, lip flip, brow lift, bunny lines, jelly roll, DAO, platysma bands, hyperhidrosis or microtox may not take full effect and may require multiple treatments or client may not be a candidate for said treatment. After 15 days from the original injection, patients will pay per unit pricing for touch ups.

Patient Signature: _____

Date: _____