

## Lumi Eye Treatment

Lumi Eyes is a safe and fast treatment, providing visible changes to the eye area, making this treatment a great option in aesthetic medicine. The injection administration ensures deep hydration and significantly improves the quality of the skin of the under-eye area, making it perfect for anti-ageing therapy.

There are some rare and mild side effects to be aware of with Lumi Eyes. These include mild swelling at the application site, slight redness, small injection marks, mild bruising, erythema, itching, and potential allergic reactions.

To minimize the risk of possible side effects / complications from injections, please follow these simple guidelines:

### PRE-TREATMENT INSTRUCTIONS

- Avoid wearing makeup to your appointment if you can.
- DO NOT consume alcoholic beverages at least 24hrs prior to your treatment (increases the risk of bruising).
- Avoid anti-inflammatory / blood thinning medications, if possible, for a period of 1 week before treatment ideally. Medications and supplements such as aspirin, Vit E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oils, NSAIDs (Advil / ibuprofen / Aleve / Motrin, etc.) have blood thinning effects and can increase the risk of bruising and swelling after injections.
- We recommend taking Arnicare tablets/pellets or consume fresh pineapple, 3-5 days prior to appointment as these natural methods are proven to minimize bruising after injectables.
- Reschedule your appointment at least 24hrs in advance if you have a rash or open wound in the area being treated.
- Be sure to eat and be well hydrated before your procedure. This will decrease the chances of becoming light-headed during your treatment.
- You are NOT a candidate if you are pregnant or breastfeeding.
- Allow a two-week window before or after any vaccinations.
- Please allow a two-week window between your treatment and any special events and travel (in case of bruising and/or swelling).

### POST CARE INSTRUCTIONS

- Swelling and possibly bruising can occur and is considered normal after this treatment. This will subside within a few days. If you experience any abnormal bruising, skin discolouration, or pain, please contact the Clinic.
- Ice gently on and off for 1-2 days for comfort and to minimize swelling. You can also take Tylenol as needed. Avoid taking NSAIDs such as Advil (ibuprofen), Aleve (prostaglandins), Motrin, etc. as these can increase bruising.
- If you experience itchiness that isn't addressed by applying cold compresses, you can take an antihistamine (e.g. Reactine, Claritin, etc.).
- For four (4) hours afterwards, avoid any makeup application.
- After four (4) hours, you can wash your face gently without applying pressure to the treated area.
- Avoid significant movement or massage of the treated area -- unless instructed by the practitioner.
- Avoid extensive sun or heat for 72 hours.
- Try sleeping face up and slightly elevated if you experience any swelling.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email [np@lipsnlines.ca](mailto:np@lipsnlines.ca)