



## **WRINKLE ERASERS - PRE/POST CARE**

### **Pre-Treatment Instructions**

- Schedule your appointment 2 weeks before any special event.
- Stop all blood thinning products 1 week before and 3 days after treatment to minimize bruising or bleeding. (Consult your MD if prescribed)
- 24-48 hrs before procedure avoid alcohol, caffeine or cigarettes.
- If you develop a rash, cold sore or break out in the area to be treated please reschedule.
- Stop Retin-A 3 days before treatment to avoid any excessive redness or irritation.
- Wait 2 weeks to receive botulinum toxin treatments if you have had facial laser, dermaplane, peels, micro-dermabrasion or ultrasound treatments.

### **Post-Care Instructions:**

- No rubbing or pressing on injection sites.
- No working out for 24 hrs post injections.
- No yoga or bending over for long periods of time for 24 hrs.
- No lying completely down for 4 hrs post injection.

### **What To Expect:**

- Product begins to work immediately.
- Final result will be in 14 days.
- Results can last anywhere between 3-6 months
- Studies show Zinc 100mg per day can elongate your results longer.

**Please contact me with questions or concerns.**

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