



SKIN DAMSEL AESTHETICS

A few **Do's** and **Dont's** to help you achieve the best outcome during your visit to **Skin Damsel Aesthetics**. Please refer to the instructions below and be sure to **Arrive 10 minutes before appointment times**.

Facials Treatments or Chemical Peels: No active sun tanning prior (i.e. – must not have been in direct sun exposure in tanning bed or sun tanning for a week prior). If you have been on any medications that may make your skin more sensitive, such as **Retin A or Hydroquinone** we recommend you call our office to discuss if you should discontinue use and for how long. Please note if you have used Isotretinoin (**Accutane**) in the last 6 months, you will most likely not be a candidate for most of our facial treatments.

Injectables:

DON'T: NO blood thinners 7 days prior. This includes that enticing glass of your favorite wine. (Okay, okay!...ONE glass may not hurt but don't get carried away.) Remember that alcohol can cause inflammation so if you can avoid it all the better!

- Blood thinners to avoid include fish oils, Aspirin, Aleve, Ibuprofen, Advil, etc. Got a headache?...Tylenol is okay! Blood thinners increase the likelihood of bruising

DO: Drink plenty of water! Relax and hydrate. Increase your water intake to help improve your body's ability to heal.

DON'T: massage your lips. Trust me...it's tempting to touch those newly luscious lips but leave well enough alone. Massaging freshly injected lips risks moving the filler around causing the possibility of desportation and undesirable results.

DO: Take into consideration you might be swollen for a couple of days...up to one week. This is completely NORMAL and the swelling will subside. Bruising is also a possibility. Please allow 5-7 days downtime for any special event.

DON'T: Exercise for at least 24 hours following the treatment. You want to avoid activities that increase blood flow to your face. Although lip injections do not technically require any downtime, it's best to ice down those beautiful plump lips in the effort to decrease inflammation.

DO: Take Arnica pellets. These herbal supplements can be at nearby health food stores or your local pharmacy. Follow the directions on the box a few days prior to your appointment and a few days following.

- Why you ask? Arnica is a homeopathic supplement that can help decrease bruising and swelling. We recommend taking this to all our patients prior to any injections and surgical procedures.

DO: Reschedule your appointment if you are under a doctors care for any infection or if you have had dental work within a week of the scheduled appointment.

We look forward to seeing you. Should you need to change or reschedule your appointment- please call 469-828-1732 during regular business hours. For emergency contact only 214-738-5906.

Cancellation policy: if you need to cancel your appointment, please provide us with a 24-hour notice so we can make room for someone else who needs to come see us. If we do not receive your cancellation request within 24 hours of your scheduled appointment, a \$50 cancellation fee may be assessed.