

THE LASER SPA THE LOUNGE

ANTI AGING DAY SPA Pre-care instructions for filler

- We recommend taking Arnica Tablets 48 hours prior to fillers to minimize bruising and swelling.
- The Laser Lounge Spa carries a medical strength arnica available for purchase anytime.
- Continue taking Arnica until bruising and swelling subsides.
- Bruising and swelling can last anywhere from several days to several weeks, please keep this in mind when booking your appointment.
- If you are prone to cold sores, outbreaks can occur following lip injections.

Discontinue 48 hours prior:

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| -Alcohol | -St. Johns wart |
| -Blood thinners | -Fish oil |
| -Aspirin, Motrin, Ibuprofen | -Primrose oil |
| -Vitamin E | -Retinols and Glycolic products |

Post-care instructions for filler

- No aerobic activity for at least 24 hours
- No facials, massage, or deep compression for 48 hours
- No blood thinners for 24 hours
- Use a soft pillow and avoid lying face down for 48 hours
- Continue to lightly ice area of injections for 24 hours if necessary

Even with the proper precautions and the most skilled injector, bruising and swelling are very common following injections. However, if any of the following occur please give us a call at 239-728-1234

- Fever
- Chills
- Site of injections are red or warm to the touch
- Severe increase of pain