

CARE INSTRUCTIONS FOR INJECTABLES

The most common side effects are bruising, redness, swelling, and tenderness. Most side effects should go away within a few days. It's important to speak with a healthcare provider if pain levels increase or if side effects last LONGER than a WEEK.

APPROXIMATELY 2-3 DAYS PRIOR AND UP TO 1 WEEK POST:

- To reduce bruising, bleeding, and/or swelling
 - DO Take ARNICA oral pills twice a day
 - CONSUME pineapples (the enzymes reduce bleeding and inflammation)
 - AVOID Aleve, Advil, Aspirin, Fish oils, Vit E, Green Tea, Garlic and Ginseng and ALCOHOL (to avoid blood thinning; thus, reducing bleeding/bruising)
 - DRINK plenty of water

DAY OF:

- ENSURE you eat something prior to your appointment

POST-TREATMENT:

- AVOID touching the area just injected
- GENTLY apply ice throughout the day
- AVOID strenuous activity 24 hours after treatment
- APPLY topical ARNICA cream to reduce swelling/bruising
- AVOID sun exposure if you're experiencing bruising
- REDUCE pain by taking Acetaminophen (Tylenol)
- DO NOT massage, touch or poke injected areas if tender, however, if a lump is NOT visible but palpable-LEAVE IT ALONE-it will subside on it's own. Otherwise, contact Nurse/MD/PA
- ELEVATE your head while sleeping and sleep upright on the first 24 hours after treatment. Using a travel pillow while you sleep helps from over activity at night.