

### **Neuromodulator (Botox/ Dysport/ Xeomin)**

DO NOT bend or lay down for 4 hours following treatment. DO NOT massage the area (we want the toxin to stay where it is). Avoid exercising for the rest of the day

A mild headache can sometimes occur, you can take Tylenol for this

It can take up to 7 days to show full effect. After this time, touch-ups may be needed based on strength and asymmetry of your muscles.

Mild swelling like mosquito bites can occur & resolve in 2-3 hours. Bruising can occur in some cases and resolve in a few days.

### **Injectable Fillers**

Ice the area every 1-2 hours for the first 24 hours as much as possible. It is normal to feel lumps and bumps in the injected area, please massage those gently with your hands. It can take up to 30 DAYS for the filler to show its full effect and settle in under the skin. Expect bruising and swelling which can sometimes be significant especially if on certain medications. If the injected area is tender, you may take tylenol as needed if no contraindications. The filler naturally draws water and thus swelling is very common. The amount of bruising/swelling varies in individuals but in some can be extreme. Swelling and bruising can take up to 30 days to resolve. Unevenness of the skin can occur where filler was injected and will usually resolve.

### **Microneedling/ PRP Microneedling/ RF Microneedling**

Avoid direct sun-exposure for at least 24 hours after your procedure. For 7 DAYS post procedure, use the recommended gentle cleanser, calming moisturizer, and sunblock ONLY (refer to your product instructions or post care kit). Avoid any other products or makeup for 7 days if possible as skin channels are open. After 7 days, you can resume your regular skin care. A mild sunburn-like redness/irritation is expected. The skin will be tight for the first 24-28 hours. Apply ONLY the recommended moisturizer as needed. Peeling may occur 2-3 days after the procedure, this is expected. Do not pull the skin. Results vary for each patient, please continue your entire cycle of treatments. Maximum results are seen 3 months after your last treatment. Repeat treatments every year for best results.

### **OxyGeneo 3 in 1 Facial**

Your skin should be glowing and hydrated when you leave. Use the recommended moisturizer and sunscreen daily. You may resume your recommended skin care and makeup immediately. You may experience minimal redness and peeling for up to 24 hours which is expected. Results are immediate and long term. Repeat treatments every month for best results.

### **Dermaplaning**

Moisturize with recommended products & follow with recommended sunscreen daily. Repeat treatment every 6-8weeks for best results.

### **Kybella**

- Ice packs may be used to the treated area during the first 24 hours – ice for 15 minutes of every hour (may re-use ice pack)
- If no contraindications to ibuprofen take 200mg three times daily beginning the day of your treatment for 3 days
- Significant swelling and mild pain are expected, and worse during the first 48-72 hours. Ice and ibuprofen will help. Avoid strenuous exercise the day of your treatment. You may experience loosening and jiggling of the subcutaneous fat. This is expected as the fat cells dislodge and are cleared. Swelling, bruising, and jiggling of the fat can last a few weeks before resolution. Notify our office if any significant swelling, bleeding, pain, dusky discoloration, difficulty swallowing or smiling, or fever occurs.

### **Chemical Peel/Ultra Peel**

Avoid all direct sunlight for at least 7 days. For 7 DAYS post procedure ONLY apply the recommended cleanser, moisturizer, and sunscreen. Approximately 48 hours after treatment, your skin may start to peel or slough off. This may last 2-5 days. This is expected. Do not pull the skin off and let naturally fall off. AVOID use of any harsh brush, clarisonic, or washcloth to cleanse.

Redness, swelling, tightness may occur. This is expected. You may take Ibuprofen and moisturize as needed. Itchy hives may occur in some patients. If you develop this, take a Zyrtec 10 mg daily for 2-3 days. Discontinue waxing, laser, or any other skin procedures for 7 days post treatment. For continued redness and irritation, it is safe to use 1% hydrocortisone cream twice daily for 2-3 days.

### **TCA 40% Peel/Phenol Peel/ MD peel**

These are the strongest medical peels available applied by an experienced MD. For 14 days post procedure: AVOID direct sunlight and apply recommended sunscreen DAILY (reapplied every 2 Hrs if outside). Use ONLY the post care products provided to you for 7 days post procedure, after that you can resume your normal skincare. Start hydrocortisone 1% ointment (over the counter) once daily on affected areas for up to 3 days post treatment. If swelling occurs, take ibuprofen 400 mg (if no contraindications) as needed every 8 hours. Expect significant peeling, redness, and tightness on the skin for the first 5-7 days. Some areas may turn dark brown or purple due to loss of tissue. Do not pull the skin. Results take weeks to months to show, and repeated treatments are usually recommended for best results.

### **Vascular Laser/Photofacial**

Use only the recommended sunscreen and skin care daily for 14 days. Start oral arnica daily for 2 weeks. Avoid direct sun for 4 weeks. Expect bruising, redness, irritation, burning, and peeling. This is expected. You may use hydrocortisone 1% cream daily on affected areas up to 7 days post treatment. Cool compress can also be used to decrease redness or swelling. Do not exercise vigorously for 48 H post treatment. Several treatments may be needed for maximum effect. Avoid chemical peels, dermabrasions, laser resurfacing, or any cosmetic invasive procedures for 4 weeks post treatment.

### **Liquid Nitrogen (LN2)**

The treatment results in a freeze-burn, which resembles a thermal or heat burn. You may or may not form a blister after freezing. A dull aching pain may persist for 2-3 days. A scab usually forms in 2-3 days. You may also see some swelling for a few days. Healing occurs from 7-21 days (average 10 days). If a blister is uncomfortable, it is permissible to drain the fluid by pricking the edge with a sterilized needle (dipped in alcohol for 5 minutes). A clean band-aid may be applied for 2-3 days or until the area is healed. In most cases, more than one visit may be necessary, please return in 2 or 3 weeks for warts or 1 month for precancerous lesions.

**Cosmetic Freezing:** This is a much lighter freeze. The lesions will scab and fall off in 5-7 days. For 7 days post procedure: avoid direct sunlight, use only recommended products, and apply nightly mini peel gel. A light/dark discoloration can occur which may take months to improve. Chemical peels in addition will improve the results. Ask your physician regarding chemical peel recommendations.

### **Canthacur**

Cantharidin is a topical solution used for the treatment of warts and molluscum. Blistering at the application site is the desired effect. The area should be washed with soap + water 4-6 hours after application. The treated area may become red, irritated, swollen, and blistered. This is an expected reaction. If blistering is too painful, you can take Tylenol as needed as long as ok with your primary MD. Do not tear the roof of the blister and allow it to naturally burst and scab over. After lesions are scabbed, the patient may resume normal swim/group activities. The treated area can become light or darker in color and scar due to the nature of the virus and not the treatment. The open lesions are considered infectious, and contact should be avoided as much as possible. Multiple treatments are usually required.

### **Electrodesiccation**

Skin-colored scabs appear overlying the treated area. These will fall off naturally within 2-4 weeks. Do not pick the area. Used recommended daily polish and sunscreen for 14 days post procedure. It may take a few weeks until lesions are fully healed. Repeat treatments may be necessary for full resolution. A light/dark discoloration can occur in the treatment area. Use of daily sunscreen and recommended products will improve this with time. For best results, repeated treatments are recommended.

### **Skin Biopsy**

Clean the area gently with soap and warm water daily. Pat dry. Do not rub. Apply Vaseline daily as needed. Allow the wound to scab over naturally. No need to keep covered unless desired.

*Your biopsy results will be available in approximately 1 week. If you have not heard back from us by this time, please call or email our office. Biopsy results are called on weekdays from 8-9 AM EST. Please make sure you are AVAILABLE to receive calls during this time.*

**Cosmetic Shave Removal/ Snip removal:** Follow exact instructions as above. Apply recommended scar cream followed by recommended sunscreen daily. The area may turn darker in color. Chemical peels or additional lightening products will help.

### **Post op (skin surgery)**

Your pressure dressing should stay on for 24 hours. Please avoid getting the area wet for 24 hours. Minimal bleeding or oozing can occur sometimes, especially if on blood thinners. If bleeding occurs, place firm continued pressure on the area for 15-20 minutes. If bleeding continues, apply pressure for 15-20 minutes more. If the wound continues to bleed, please contact the office. If after-hours, please contact your nearest Emergency or Urgent Care REMOVE THE DRESSING IN 24 HOURS AS BELOW: Wash hands first, allow dressing to get wet and then remove. Apply Vaseline followed by recommended sunscreen daily. There is no need to cover the wound after dressing is removed, however if you prefer to cover during work hours, use a band-aid. Continue this treatment until the wound has healed. Wounds can take up to 6 months to develop a full scar. Scars can take up to 12 months to fully show their color. The area may be darker and slightly red and itchy. If you experience extreme itching, redness, pain, discharge, fever, or any other concerns please contact our office.

For 2 weeks following surgery do not take any NSAIDS for pain, only Tylenol every 8 hours as needed (if no allergy and ok with PCP). Continue to take all your other medications as instructed by your regular doctor. Avoid strenuous strain on the wound for at least 14 days. This includes strenuous exercise, running, yoga, swimming, and/or lifting >20 lbs. This allows the wound to heal the best.

**Graft substitute:** Leave dressing on for 48 hours after your application. Wet the dressing and remove gently. Parts of the graft substitute may fall off and this is ok. Apply Vaseline and daily recommended sunscreen to the area for 7 days post application. Additional applications may be needed for the wound to heal properly. This graft is taken up by your skin quickly and improves healing time and circulation to the wound.

**Collagen Dressing:** You will receive a kit that includes gauze and either collagen matrix or powder. Apply matrix or powder directly to the wound for 15 days daily post procedure followed by adhesive gauze. If you have sutures present, you can apply the matrix or powder directly over the sutures. The collagen will assist with wound healing. You may experience itching or redness. This is expected.

### **Biologic Medications**

You have been prescribed a biologic medication. These medications can take some time for approval by your plan. Your insurance plan dictates any and all necessary paperwork which may be required prior to approval. Your insurance company may require, and the time can vary from weeks to months. In some rare cases insurance requires you to try other medication prior to starting the biologic your doctor recommends. A one-time non-refundable \$30 processing fee (yearly or with any new biologic) is required prior to starting your biologic paperwork. For ANY questions regarding your prescription status please contact the PHARMACY directly at the number provided below. Any medical questions regarding your prescription will be discussed with you on your visit.

Calls regarding prescription status will be directed back to the pharmacy. This pharmacy serves as the third party between your insurance company and the pharmaceutical company.

**Senderra: 888-777-5547**

**Accredo: 800-803-2523**

**BioPlus: 1-888-292-0744**