

# PRE-CARE

## BIOSTIMULATORS

**PLEASE FOLLOW THESE INSTRUCTIONS TO MAXIMIZE RESULTS, AND MINIMIZE THE CHANCES OF SIDE EFFECTS FROM YOUR BIOSTIMULATOR TREATMENT**

### **ONE WEEK PRIOR:**

- AVOID BLOOD THINNING OVER-THE-COUNTER MEDICATIONS SUCH AS ASPIRIN, MOTRIN, IBUPROFEN, AND ALEVE.
- AVOID SUPPLEMENTS INCLUDING ST. JOHNS WORT, GINKO BILOBA, PRIMROSE OIL, GARLIC, GINSENG, AND VITAMIN E.
- IF YOU ARE ON A MEDICALLY INDICATED BLOOD THINNER CONTINUE WITH YOUR CURRENT REGIMEN BUT CONSULT WITH YOUR PHYSICIAN PRIOR TO YOUR SCHEDULED PROCEDURE.

### **TWO DAYS PRIOR:**

- BEGIN TAKING ARNICA OR BROMELAIN TWO DAYS PRIOR TO THE PROCEDURE TO REDUCE RISK OF BRUISING.

### **DAY OF PROCEDURE:**

- DO NOT CONSUME ALCOHOLIC BEVERAGES.
- ARRIVE WITH A CLEAN FACE IF POSSIBLE. PLEASE BE AWARE THAT IF YOU ARE WEARING MAKEUP, IT WILL BE PARTIALLY DISRUPTED TO CLEAN THE SKIN PRIOR TO INJECTING.

### **ADDITIONAL RECOMMENDATIONS:**

- PLEASE REVIEW THE AFTERCARE TO ENSURE THAT YOU ARE ABLE TO FOLLOW THE GUIDELINES TO ENSURE A SAFE AND EFFECTIVE RESULT.
- IF YOU HAVE A HISTORY OF FACIAL COLD SORES, THERE IS A RISK THAT NEEDLE PUNCTURES DURING YOUR TREATMENT COULD CONTRIBUTE TO AN OUTBREAK. PLEASE START YOUR ANTI-VIRAL MEDICATION 1-3 DAYS PRIOR TO YOUR INJECTIONS AND LET YOUR INJECTOR KNOW THAT YOU ARE PRONE TO COLD SORES.

QUESTIONS? CALL (470) 272-8730 OR TEXT  
(706) 696-8879