



Pre-Care Instructions - Injectables

We recommend taking Arnica tablets starting 48 hours prior to injectables to minimize bruising and swelling. The Aesthetics Lounge and Spa carries a medical strength Arnica available for purchase at any time. 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 the following 48 hours prior:

- Alcohol
- Blood thinners
- Aspirin, Motrin, Ibuprofen
- Vitamin E
- St. Johns Wart
- Fish Oil, Primrose Oil
- Retinols and Glycolic products

Post-Care Instructions - Injectables

- 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 269-429-7368.

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