

## POST-CARE INSTRUCTIONS

# BIOSTIMULATORS

### OVERVIEW

After receiving a biostimulator treatment, remember to be gentle to your face. Refrain from touching the treated area, and do not apply any topical products for 24 hours. If you feel any discomfort, use a cold compress or take Tylenol (never Aspirin).

ACCESS THE ONLINE INSTRUCTIONS HERE



### DO:

#### Keep Upright

Keep upright for the first 4 hours.



#### Drink And Eat Healthy

Stay hydrated and eat a healthy well balanced diet.



#### Use A Cold Compress

Use a cold compress to ease any swelling or discomfort.



### DON'T:

#### DO NOT Get Facial Beauty Treatments

Do not have any beauty treatments on your face such as facials and facial massage for 1 week.



#### DO NOT Exercise Heavy

Do not exercise or partake in any strenuous activity, or heavy exercise for the next 24-48 hours.



#### DO NOT Itch or Pick Injection

Do not itch or pick around the injection site.



#### DO NOT Sleep On Your Face

Do not sleep on your face the first 2 nights.



**DON'T:**

**DO NOT Use Oil-Based Makeup**

Do not use AHA, Retinoids/ Vitamin C therapy, or oil-based make-up for 24 hours.



**DO NOT Apply Creams or Lotions**

Wash your face as normal, but do not apply creams, lotion or make up for the remainder of the day.



**DO NOT Touch the Treatment Area**

Avoid touching the area with your hands or objects as they may transfer bacteria to the skin.



**DO NOT Take Aspirin**

Avoid aspirin and other non-steroidal anti-inflammatory medications, or supplements which may thin your blood (i.e. vitamin e, fish oil, St. John's Wort, etc.) for 7 days before and after treatment. These agents may increase the risk of bruising and bleeding. **Tylenol is okay.**

