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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 a headache if no contraindications. It can take up to 7 days to show full effect. After this time, touch-ups may be needed based on the 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 areas; you can massage those gently if felt. It can take up to 30 DAYS for the filler to show its full effect and settle in under the skin. If the injected area is tender, you may take Tylenol as needed if there are 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. Start oral Arnica (over the counter) if any bruising is apparent first 24 hours. 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. Conservative dosing is used for all patients, and you may need more filler for maximum prevention and correction in 2-4 weeks.

Hair Restoration. Avoid heavy exercise for the first 24 hours and hydrate. You can resume your shampoo, styling products, and/or recommended hair serum immediately. Avoid hair coloring for the first 24 hours post-procedure if possible. Avoid alcohol for 24 hours, as it may decrease response. Use an ice pack as necessary throughout the day for mild discomfort. You may take Tylenol 2 tablets if no contraindications every 8 hours for pain or discomfort for a headache. Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren, and other anti-inflammatory medications for 5 days after your procedure (if possible). We want inflammation to occur, as this is one mechanism by which the procedure works. Hydrate the day of the procedure. You may take all your normal medications. Avoid caffeine of any kind on the day of the procedure (helpful for blood draws). If there are no contraindications, take 2 Tylenol 1 hour prior to the procedure.

Microneedling/ PRP Microneedling/ RF Microneedling. Avoid direct sun exposure for at least 48 hours after your procedure. For the first 48 hours post-procedure, ONLY use water to wash and apply recommended sunscreen. After 48 hours, resume your recommended medical grade and RX regimen. Avoid any other products or makeup for 7 days if possible, as skin channels are open. A sunburn-like redness/irritation is expected. The skin will be tight for the first 24-28 hours and will start to peel; this is normal. Apply ONLY the recommended moisturizer as needed. Peeling may continue for several 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.

PRP (face/eyes) Swelling and bruising is expected and normal. For any tenderness take tylenol ES every 8 hours for the first 24 hours. You can wash the area and resume your normal hair or skin care immediately. The effects of PRP are maximized with time. Avoid strenuous exercise for the first 24 hours to prevent swelling.

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

Kybella. Ice packs may be applied 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 on 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/ Glow Facial. 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 it naturally fall off. AVOID use of any harsh brush, Clarisonic, or washcloth to cleanse. Redness, swelling, and 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 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 (re-apply every 2 HRS if outside) and wash with water only or recommended gentle cleanser. Resume your normal recommended skincare after 7 days. If discomfort or itching occurs, start hydrocortisone 1% ointment (over the counter) once daily on the 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.

Laser Procedures. Expect some redness, swelling, and mild irritation that may last from a few hours up to several days. For the first 48 hours post-procedure, cleanse the skin with gentle cleanser (avoid all scrubs/exfoliants) and moisturize with vaseline, followed by recommended sunscreen. You can apply cool compresses or ice packs intermittently to reduce swelling and discomfort. Avoid direct sun exposure for at least 7 days post-procedure. Refrain from heat sources like saunas, hot showers, steam rooms, and vigorous exercise for 48 hours post-treatment. After 48 hours, you can resume your recommended medical-grade skin regimen. If prescribed a topical steroid, you may use the ointment twice daily for up to 5 days post-procedure. Bruising, peeling, burning, or a bronzed appearance can occur and is normal. The skin can peel for up to several weeks after the procedure. Avoid picking or peeling flaking skin. You may use ibuprofen 400 mg every 6 hours as needed for the first few days to help with discomfort if no contraindications. Avoid chemical peels, dermabrasion, laser resurfacing, or other invasive cosmetic procedures for at least 4 weeks. If you experience severe pain, excessive swelling, signs of infection, or have any concerns, please contact the office promptly



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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 LN2 (freeze): 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. Resume using recommended products after 24 hours for best results. A light/dark discoloration can occur, which may take months to improve. Retreatment may be required for best results.

Cantharidin. 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. Allow the scab to naturally fall off. Resume recommended skincare immediately; in fact, it helps maximize results. SUNSCREEN is key daily. It may take a few weeks until the 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 results. For best results, repeated treatments may be necessary.

Skin Biopsy. Leave the band-aid on for 24 hours, then remove. Clean the area gently with soap and warm water daily. Allow the wound to scab over naturally, the scab will act as a band-aid. If exposed to the sun, apply sunscreen daily. No need to keep covered unless desired. Pathology 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.

Cosmetic Shave Removal/ Snip removal: Follow the 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 skin care may be needed.

Pre-Surgery. You may be scheduled for a visit with the surgeon to go over your pathology results and discuss the type of surgery recommended, in addition to other treatment modalities available. Once surgery is scheduled, you may take all your normal medications (including blood thinners) per your PCP's recommendations on the day of your procedure. There is no need to stop blood thinners for skin surgery as long as your levels are normal per PCP. Avoid smoking, alcohol, and Aspirin or ibuprofen 7 days prior to surgery. During your surgical procedure, you will receive 2 sets of stitches, one set that is dissolving and one that usually will need to be removed in the office or by any healthcare professional of your choosing. After your surgery, we will provide detailed post-care instructions and the exact date to return for suture removal if applicable.

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, continuous 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: Wash hands first, allow dressing to get wet, and then remove. Apply recommended sunscreen daily. There is no need to cover the wound after the dressing is removed, in fact air contact is preferred after 24 hours. 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 the 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.

Labs: We require all labs to be electronically ordered to Quest. You can present at any location and your order will be under your name and DOB. Once labs are drawn, no need to call as we will receive the results electronically. Please ensure you keep your followup appt to discuss results.

Accutane/Ipledge. Accutane prescriptions are regulated through the **IPLLEDGE/REMS program**, requiring monthly appointments, lab monitoring, urine pregnancy tests for females. Once registered, patients must log in to **IPLLEDGE** and answer questionnaires monthly (if female) and confirm data (please refer to direct instructions and contact from IPLLEDGE as providers do not have access to patient logins). Prescriptions are released after a doctor's note and questionnaire confirmation, and you must fill the prescription within **7 days**. Labs must be completed within **2 days** of your appointment. Compliance with all steps and patient responsibilities is crucial to avoid IPLLEDGE locking or cancelling the prescription

Biologic Medications. These medications can take some time for approval by your insurance. Your insurance dictates all required paperwork, and the time can vary from weeks to months. In some rare cases, insurance requires you to try other medications prior to starting the biologic or determines the biologic medication you can have. A one-time annual processing fee is required for administrative work. For ANY questions regarding your prescription status, please contact the PHARMACY that applies to you directly below. It is **REQUIRED** to have lab work for certain medications. Medical questions discussed with you during your visit. **ALL 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.

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