

Element

Medical Aesthetics

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RENUVA PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Do NOT drink alcoholic beverages 24 hours before your treatment.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising.
- Do NOT apply products that are potentially irritating for 2 -3 days before and after treatment (e.g., Tretinoin/Retin-A, Glycolic Acid, Benzoyl Peroxide, Hydroquinone, etc.).
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- To reduce the risk of bruising, please note the items on this list and discontinue at least 3-7 days before your appointment for injections: Aspirin/Baby Aspirin, Ibuprofen (Motrin, Advil, Aleve), St. John's Wort, Omega-3 fatty acids (Fish Oil), Vitamin E, Ginger, Ginkgo Biloba, Ginseng. If you have been prescribed aspirin or any other prescription blood thinners, do not discontinue unless permitted by your prescribing physician.
- Tell your provider if you have any active systemic or local infections, autoimmune diseases, or are pregnant or breast feeding.

POST TREATMENT INSTRUCTIONS

- Avoid strenuous activity/exercise for at least 24 hours after treatment.
- Apply a cool compress to the treated area up to 48 hours after treatment.
- Massage the treated area for 5 minutes, twice a day for up to 4 weeks post-treatment, unless otherwise instructed by your provider.
- Results can look uneven for the first 2 weeks.
- Bruising may be minimized by taking Arnica tablets or applying Arnica gel.
- If possible, sleep on your back with head elevated.

- Your body will begin producing its own fat in response to the injections in approximately 3 months.

FOLLOW-UP TREATMENT

- A touch-up session may be necessary at 3–6 months.
- Notify your provider immediately if you have any of the following symptoms: dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice onset of any of these symptoms, call our office immediately at 203-594-1907 and present to the nearest emergency room.