

Element

Medical Aesthetics

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SOFTWAVE PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Schedule at least 2 weeks prior to a special event.
- Do NOT schedule Softwave appointments 2 weeks before or 2 weeks after vaccines or dental work.
- Do NOT schedule Softwave appointments if you are on prednisone or other immunosuppressants.
- Avoid blood thinners and aspirin 2 weeks before treatment, only if approved by the prescriber.
- Avoid ibuprofen, naproxen, vitamin E, fish oil, and ginseng for a 5-7 days before treatment. (Tylenol can be taken for pain before treatment since it does not thin the blood.) Avoid drinking any alcohol for 1-2 days prior to injections.
- Bromelain (found in pineapple) and Arnica can be taken ahead of your appointment to reduce bruising and inflammation.
- Let your provider know if you have a history of cold sores.

POST TREATMENT INSTRUCTIONS

- No post treatment skin care needed.
- Resume normal activities, can apply makeup, sweat/workout.
- Wait 24 hours post treatment to continue tretinoin and retinol.
- No anti-inflammatory recommended for 72 hours .
- Patients may start noticing results within 4 weeks but it can take up to 6 months to see optimal results.

POTENTIAL ADVERSE EFFECTS

- Anticipated adverse events of ultrasound-based treatment could include pain, tenderness, changes in skin pigmentation, redness, swelling, and ulceration.

FOLLOW-UP TREATMENT

- Follow up at 4 months if skin goals not reached.
- Annual treatment recommended for maintenance.
- Please contact us with any questions or concerns you may have.