

SCULPTRA PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, turmeric, garlic supplements, and St. John's Wort for at least 7 days before to minimize bruising.
- Avoid alcohol — Do not consume alcohol for at least 48 hours before your appointment as it thins the blood and increases bruising risk.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, laser treatments, and microneedling in the treatment area for at least 2 weeks beforehand.
- Avoid sun exposure — Stay out of direct sun and avoid tanning beds for at least 2 weeks prior to your appointment.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- Stay well hydrated — Drink plenty of water in the days leading up to your treatment — good hydration supports better skin quality and recovery.
- Avoid vigorous exercise the day of — Strenuous activity increases circulation and can elevate bruising risk — take it easy the day of your appointment.
- Manage cold sore history — If you have a history of cold sores and are receiving treatment near the mouth area, notify your provider in advance. An antiviral medication may be recommended as a precaution.
- Disclose full medical history — Inform your provider of all medications, supplements, autoimmune conditions, history of keloid scarring, active skin infections, allergies, or recent cosmetic procedures. Sculptra may not be suitable for all patients.

After Your Treatment — Post-Care Instructions

- Massage — the 5-5-5 rule — This is the most important post-care step for Sculptra. Massage the treated area for 5 minutes, 5 times a day, for 5 days after each session. This helps distribute the product evenly and reduces the risk of nodule formation. Use a gentle moisturizer or lotion when massaging.
- Apply a cold compress — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 5-10 minutes at a time in the first few hours to help reduce swelling and discomfort.
- Expect temporary volume then a dip — Swelling immediately after treatment may make the area look very full — this is temporary and will subside within a few days. The area may then appear to return to baseline before gradual collagen stimulation takes effect over weeks to months.
- Keep your head elevated — Sleep with your head elevated on an extra pillow for the first 1-2 nights to help minimize swelling.
- Apply SPF every day — Protect treated areas from UV exposure with SPF 30-50 every day. Sun exposure can impair collagen production and compromise your results.
- Avoid strenuous exercise — Skip intense workouts, heavy lifting, and cardio for at least 24-48 hours to minimize swelling and bruising.
- Avoid heat exposure — Stay away from saunas, steam rooms, hot tubs, and prolonged sun exposure for at least 48 hours post-treatment.
- Avoid alcohol — Do not consume alcohol for at least 24-48 hours after treatment as it increases inflammation and bruising.
- Skip makeup on injection sites — Avoid applying makeup directly over injection sites for at least 12-24 hours to reduce the risk of infection.
- Stay well hydrated — Drink plenty of water throughout the weeks following treatment — Sculptra works by stimulating collagen production, and good hydration supports this process.
- Keep all follow-up appointments — Sculptra is typically administered in a series of 2-3 sessions spaced 4-6 weeks apart. Attending all sessions is important to achieving optimal, long-lasting results.

Contact your provider immediately if you experience:

- Severe or worsening pain disproportionate to the treatment
- Skin that appears white, blue, or mottled (possible vascular compromise)
- Signs of infection: increasing redness, warmth, pus, or fever
- Nodules or lumps that appear after the 5-day massage window and do not resolve
- Vision changes or eye pain
- Any signs of allergic reaction or unusual skin changes

The 5-5-5 massage rule is the single most important thing you can do after Sculptra to protect your results. Do not skip it. Results build gradually over 3-6 months as collagen production is stimulated, and can last up to 2 years or more. Patience is key — avoid judging your results too early, and attend all sessions in your treatment series for the best outcome.

ERBIUM PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Discontinue active ingredients — Stop retinol, tretinoin, benzoyl peroxide, and all exfoliating products for at least 7-10 days prior.
- Avoid sun exposure — Stay out of direct sun and avoid tanning beds for a minimum of 2 weeks prior. Treating sun-damaged or tanned skin significantly increases the risk of hyperpigmentation and complications.
- Manage cold sore history — Erbium laser can trigger a herpes outbreak even in those with no recent history. Notify your provider — an antiviral medication is typically prescribed starting 1-2 days before treatment.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, and alcohol for at least 7 days before to minimize bleeding and bruising.
- No waxing, threading, chemical peels, microneedling, and laser hair removal for at least 2-4 weeks beforehand.
- Arrange to take time off work — downtime is typically 7-14 days depending on treatment depth.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- Disclose full medical history — Inform your provider of all medications, supplements, skin conditions, history of keloid scarring, autoimmune conditions, recent sun exposure, or isotretinoin (Accutane) use within the past 6 months.

After Your Treatment — Post-Care Instructions

- Expect significant downtime — Redness, swelling, oozing, and peeling are normal parts of the healing process. Skin typically feels raw for the first few days and continues to peel and resurface for 7-14 days.
- Keep the skin moist — Apply a thick, gentle healing ointment (such as Aquaphor or as directed by your provider) consistently to keep treated skin moist. Do not allow the skin to dry out or crust — this prolongs healing and increases scarring risk.
- Cleanse very gently — Use only lukewarm water and a gentle, fragrance-free cleanser as directed by your provider. Pat dry with a clean, soft cloth — never rub. You may also use a hypochlorous acid spray such as Puracyn instead of a cleanser.
- Apply SPF frequently — Once healed, use SPF 30-50 every single day without exception. Freshly resurfaced skin is highly vulnerable to UV-induced hyperpigmentation and must be protected for several months post-treatment.
- Do not pick or peel — Allow skin to shed completely on its own. Picking, peeling, or scratching can cause permanent scarring and hyperpigmentation.
- Do not wear makeup for 72 hours.
- Take prescribed medications — If prescribed antiviral, antibiotic, or anti-inflammatory medications, complete the full course.
- Sleep with head elevated — Use an extra pillow for the first several nights to help reduce swelling.
- Avoid all active skincare — Do not reintroduce retinol, AHAs, BHAs, vitamin C, or any exfoliants until your provider gives the all-clear — typically after 4 weeks or once skin is fully healed.
- Stay out of the sun — Avoid direct sun exposure for a minimum of 4 weeks post-treatment. When outdoors, wear a wide-brimmed hat and SPF on all exposed areas.
- Stay hydrated — Drink plenty of water throughout the healing process to support skin regeneration from the inside out.

Contact your provider immediately if you experience:

- Fever, chills, or flu-like symptoms during healing
- Signs of infection: increasing pain, warmth, pus, or unusual odor
- Blistering beyond mild surface-level peeling

- Cold sore outbreak or unusual crusting around the mouth
- Prolonged redness or discoloration lasting beyond 4–6 weeks
- Any scarring, raised texture, or skin changes that concern you

The healing process can feel uncomfortable and the initial appearance of skin may be alarming — this is completely normal. Full results, including improvements in texture, tone, and fine lines, are typically visible at 3 months, once the skin has fully healed and new collagen production begins. Results continue to improve for up to 6 months post-treatment. Multiple treatments may be required.

PRF & EZGEL PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Eat a full meal before your appointment — Because blood is drawn as part of this treatment, it is important to eat a substantial meal 1-2 hours beforehand to maintain stable blood sugar and reduce the risk of lightheadedness.
- Stay well hydrated — Drink at least 8-10 glasses of water in the 24 hours before your appointment. Good hydration makes blood draw easier and supports better PRF quality.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, turmeric, garlic supplements, and St. John's Wort for at least 7 days before to minimize bruising.
- Avoid alcohol — Do not consume alcohol for at least 48 hours before your appointment as it thins the blood and reduces platelet effectiveness.
- Avoid caffeine on the day — Skip coffee and other caffeinated beverages on the morning of your appointment as caffeine can constrict veins and make blood draw more difficult.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, laser treatments, and microneedling in the treatment area for at least 2 weeks beforehand.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment.
- Manage cold sore history — If you have a history of cold sores and are receiving treatment around the mouth, notify your provider in advance. An antiviral medication may be recommended as a precaution.
- Disclose full medical history — Inform your provider of all medications, supplements, blood disorders, clotting conditions, autoimmune diseases, active skin infections, cancer history, or anticoagulant therapy. EZgel PRF may not be suitable for all patients.

After Your Treatment — Post-Care Instructions

- Expect swelling, redness, and bruising — Because EZgel is derived from your own blood, the body recognizes it as natural — however, swelling, redness, tenderness, and bruising at injection sites are still common and typically resolve within 3-7 days.
- Apply a cold compress — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 10-15 minutes at a time during the first few hours to help reduce swelling.
- Keep your head elevated — Sleep with your head elevated on an extra pillow for the first 1-2 nights to minimize swelling.
- Do not touch or massage the area — Avoid rubbing, pressing, or massaging the treated area for at least 24-48 hours unless specifically instructed by your provider.
- Apply SPF every day — Protect treated areas from UV exposure with SPF 30-50 every day. Sun damage can accelerate the breakdown of results.
- Avoid strenuous exercise — Skip intense workouts, heavy lifting, and cardio for at least 24-48 hours to minimize swelling and bruising.
- Avoid heat exposure — Stay away from saunas, steam rooms, hot tubs, and prolonged direct sun for at least 48 hours post-treatment.
- Avoid alcohol — Do not consume alcohol for at least 48 hours after treatment as it increases inflammation and can impair the activity of growth factors in the PRF.
- Skip makeup on injection sites — Avoid applying makeup directly over injection sites for at least 12-24 hours to reduce infection risk.
- Stay well hydrated — Continue drinking plenty of water after your treatment — good hydration supports the activity of the growth factors and overall skin recovery.
- Be patient with results — EZgel PRF works by stimulating your body's own collagen and regenerative processes. Results develop gradually and continue to improve over 4-8 weeks as the growth factors take effect.

Contact your provider immediately if you experience:

- Severe or worsening pain disproportionate to the treatment
- Skin that appears white, blue, or mottled (possible vascular compromise)
- Signs of infection: increasing redness, warmth, pus, or fever
- Vision changes or eye pain
- Nodules, lumps, or hardness that persist or worsen after 2-3 weeks
- Any symptoms that concern you during the healing process

Because EZgel PRF is made entirely from your own blood, it is one of the most biocompatible treatments available — there is no risk of allergic reaction to foreign material. Results are natural-looking and develop gradually over 4-8 weeks as growth factors stimulate collagen and tissue regeneration. A series of treatments is often recommended for cumulative and longer-lasting results.

Element

Medical Aesthetics

DERMAL FILLER PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- **Avoid blood-thinning medications & supplements** — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, flaxseed oil, and St. John's Wort for at least 7 days before your appointment to minimize bruising.
- **Avoid alcohol** — Do not consume alcohol for at least 24–48 hours before your appointment, as it thins the blood and increases bruising risk.
- **No waxing or skin treatments** — Avoid waxing, laser treatments, chemical peels, microneedling, or any other facial treatments for at least 2 weeks before your filler appointment.
- **Arrive with a clean face** — Come with no makeup or skincare products on the day of your appointment.
- **Stay hydrated** — Drink plenty of water in the days leading up to your appointment — well-hydrated skin responds better to hyaluronic acid fillers.
- **Avoid dental procedures** — Schedule any dental work at least 2 weeks before or after your filler appointment to reduce infection risk.
- **Manage cold sores** — If you have a history of cold sores and are receiving lip filler, notify your provider in advance. An antiviral prescription may be recommended as a precaution.
- **Disclose full medical history** — Inform your provider of all medications, supplements, allergies, autoimmune conditions, previous filler treatments, or history of keloid scarring. Certain conditions may contraindicate treatment.
- **Avoid vigorous exercise the day before** — Strenuous exercise can increase circulation and bruising risk — take it easy the day before your appointment.

After Your Treatment — Post-Care Instructions

- **Expect swelling and bruising** — Swelling, tenderness, and bruising at injection sites are normal and typically peak within 24–72 hours before gradually subsiding over 1–2 weeks.
- **Apply a cold compress** — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 5–10 minutes at a time in the first few hours to reduce swelling.
- **Keep your head elevated** — Sleep with your head elevated on an extra pillow for the first 1–2 nights to help minimize swelling.
- **Avoid touching or massaging the area** — Do not rub, press, or massage the treated area for at least 24–48 hours unless specifically instructed to do so by your provider.
- **Apply SPF daily** — Protect treated areas from UV exposure with SPF 30–50 every day.
- **Avoid strenuous exercise** — Skip intense workouts, heavy lifting, and cardio for 24–48 hours to minimize swelling and bruising.
- **Avoid heat exposure** — Avoid saunas, steam rooms, hot tubs, and prolonged sun exposure for at least 48 hours post-treatment.
- **Avoid alcohol** — Do not consume alcohol for at least 24–48 hours after treatment as it increases inflammation and bruising.
- **Skip makeup on injection sites** — Avoid applying makeup directly over injection sites for at least 24 hours to reduce infection risk.
- **Stay hydrated** — Drink extra water — hyaluronic acid fillers attract and bind water, so good hydration supports optimal results.

Seek immediate medical attention if you experience:

- Severe or worsening pain, especially if disproportionate to the treatment

- Skin that appears white, blue, or mottled (possible vascular compromise)
- Vision changes or eye pain
- Signs of infection: increasing redness, warmth, pus, or fever
- Nodules, lumps, or hardness that appear or worsen after 2 weeks
- Difficulty breathing or signs of an allergic reaction

Final results are typically visible once swelling fully resolves — usually within 2–4 weeks. Avoid judging your results too early. A follow-up appointment at 2 weeks is recommended to assess the outcome and make any touch-up adjustments if needed.

IPL PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Avoid sun exposure and tanning — Stay out of direct sun and avoid tanning beds, self-tanners, and spray tans for a minimum of 4 weeks before each session. IPL targets both pigment and vascular targets — treating tanned skin significantly increases the risk of burns, blistering, and hyperpigmentation.
- Discontinue active ingredients — Stop retinol, tretinoin, AHAs, BHAs, benzoyl peroxide, and all exfoliating products for at least 5-7 days before your treatment.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, and alcohol for at least 5-7 days before to minimize bruising.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, microneedling, and other laser or light-based treatments for at least 2 weeks beforehand.
- Arrive with a clean face — Come with no makeup, sunscreen, self-tanner, or skincare products on the day of your appointment. Remove contact lenses before treatment if the face is being treated.
- Avoid heat before your appointment — On the day of your appointment, skip hot showers, saunas, steam rooms, and vigorous exercise as heat sensitizes the skin and dilates blood vessels.
- Stay well hydrated — Drink plenty of water in the days leading up to your appointment to support optimal skin recovery.
- Avoid alcohol — Do not consume alcohol for 24 hours before your appointment, as it increases vasodilation and bruising risk.
- Disclose medications & conditions — Inform your provider of all medications (especially photosensitizing drugs such as certain antibiotics, retinoids, or acne medications), skin conditions, history of keloid scarring, hormonal conditions, autoimmune diseases, recent sun exposure, or isotretinoin (Accutane) use within the past 12 months. IPL is not recommended during pregnancy.

After Your Treatment — Post-Care Instructions

- Expect redness and a warm sensation — Redness, warmth, and mild swelling in the treated area are completely normal immediately after treatment and typically resolve within a few hours to 24 hours.
- Pigmented spots will darken before they fade — Brown spots and pigmentation targeted by IPL will initially appear darker and more pronounced in the days following treatment — this is normal and expected. The darkened spots will gradually flake off and fade over 1-2 weeks, revealing clearer skin beneath.
- Apply a cool compress if needed — If the area feels warm or uncomfortable, apply a clean cool compress or chilled gel pack (not ice directly on skin) for 10-15 minutes at a time to soothe the skin.
- Apply SPF every single day — Treated skin is highly vulnerable to UV-induced hyperpigmentation after IPL. Use SPF 30-50 daily without exception and reapply every 2 hours when outdoors. Sun protection must continue consistently for several weeks post-treatment.
- Keep skin clean and moisturized — Gently cleanse with a mild, fragrance-free cleanser and apply a soothing, fragrance-free moisturizer. Avoid any products that could irritate sensitized skin during the healing period.
- Do not pick at darkened spots — Allow darkened pigmentation and any light flaking to shed completely on its own. Picking or rubbing increases the risk of post-inflammatory hyperpigmentation and scarring.
- Avoid heat for 24-48 hours — Skip intense exercise, saunas, steam rooms, and hot showers for at least 24-48 hours after treatment to minimize inflammation and reactivity.
- Avoid alcohol for 24-48 hours — Do not consume alcohol after treatment as it dilates blood vessels and can worsen redness, swelling, and post-treatment flushing.

- Skip makeup for 12–24 hours — Allow the skin to settle before applying makeup. When resuming, use clean brushes and fragrance-free products to minimize irritation.
- Pause all active skincare — Hold off on retinol, AHAs, BHAs, vitamin C, and all exfoliants for at least 5–7 days post-treatment or until your provider advises it is safe to reintroduce.
- Allow time between sessions — IPL sessions are typically spaced 3–4 weeks apart. This allows treated pigmentation to fully resolve and the skin to recover before the next session. Most clients need 3–5 sessions for optimal results.

Contact your provider immediately if you experience:

- Blistering, burns, or open skin in the treated area.
- Signs of infection: increasing redness, warmth, pus, or fever.
- Significant or worsening hyperpigmentation or new dark patches.
- Hypopigmentation — new areas of skin that appear lighter or white.
- Raised scarring or unusual skin texture changes.
- Any skin changes or symptoms that concern you during healing.

The darkening of brown spots in the days after IPL is one of the most common surprises for first-time clients — but it means the treatment is working exactly as it should. Those darkened spots are on their way out. Results become fully visible 1–3 weeks after each session as pigmentation fades and redness resolves. IPL is one of the most versatile treatments available, addressing pigmentation, redness, rosacea, sun damage, and early signs of aging in a single session — with consistent sun protection, results can be long-lasting.