

Deoxycholic Acid Pre & Post Care Instructions

Pre -Treatment Instructions:

- 24 hours before: Do not drink alcoholic beverages (to avoid extra bruising)
- 3 days before treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other anti aging products. AVOID waxing, bleaching, tweezing or the use of hair removal creams on the area to be treated. 10 days before treatment (to help prevent bruising): AVOID blood-thinning over-the-counter medications such as ASA/Aspirin, Motrin, Advil/Ibuprofen and Naproxen/Aleve. AVOID herbal supplements, such as Garlic, Ginseng, Vitamin E, Ginkgo Biloba, St. John's Wort and Omega-3 capsules
- 14 days before: AVOID: chemical peels, micro-dermabrasion, or laser treatments

Day of Treatment:

- Take a Tylenol/Acetaminophen an hour before your appointment and have some on hand to take every 4 hours afterwards for the remainder of the day
- Please arrive to the office with a clean face or arrive early and be prepared to wash your face at the office. You may apply makeup the next day
- Your injector will make multiple injections spaced either ½ cm to 1 cm apart across your chin treatment area with a very fine needle
- You may experience a mild amount of discomfort or a stinging sensation following an injection
- Redness and swelling are normal
- There may be some tenderness at the treatment site(s) that can last for a few hours or several days. You may develop bruises in the areas treated

Immediately After Treatment:

- Off and on: You may apply an ice pack or cool gel pack to the areas treated. You may take Tylenol/ Acetaminophen if you experience any mild tenderness or discomfort
- Drink plenty of water for 48 hours after treatment
- 4 hours following an injection:
 - Stay in an upright position
 - DO NOT rest your head or lie down

- DO NOT sleep on your face or place your head on your hands while sleeping
- For the remainder of the treatment day:
 - AVOID exercise or strenuous movements. You may resume your other usual movements immediately
- For 24 hours:
 - Wait to apply make up (if you have any pinpoint bleeding, wait until it has stopped)
- For 2 weeks:
 - AVOID hot environments like saunas /extended UV exposure until any redness/swelling has passed
 - Be sure to apply an SPF 30 or higher sunscreen
 - Also AVOID very cold temperatures
 - AVOID heavy pressure on the treated areas for the first few days
 - When cleansing your face or applying your makeup, be very gentle
 - AVOID laser treatments, resurfacing treatments, or chemical peels for a minimum of 2 weeks, as there is a possible risk of inflammation at the treatment site if the procedures are performed after treatment
 - Be careful - patients who experience skin injury near the site of an injection with these products may be at higher risk for side effects

Please do not hesitate to call our office at (905) 605-6745 or email us directly if you have any questions or concerns. hello@aestheticsnow.ca

Call your doctor immediately if you have:

- 1) Changes in your vision
- 2) Signs of a stroke (including sudden difficulty speaking, numbness or weakness in your face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion)
- 3) White appearance of the skin
- 4) Unusual pain

Be sure to call your doctor if you have:

- 1) Significant pain away from the injection site
- 2) Any redness and/or visible swelling that lasts for more than several days
- 3) Any side effect that occurs weeks/months after treatment
- 4) Any other symptoms that cause you concern

