



## PRE AND POST INSTRUCTIONS MESOTHERAPY

### Pre Treatment

- Do NOT consume alcoholic beverages (alcohol may thin the blood and increase the risk of bruising) 24 hours prior to treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Avoid Retin-A 2 days before and 2 days after treatment.
- Avoid anti-inflammatory/blood thinning medications for 2 weeks prior to treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.

### Post Treatment

- **Drink 1 Gallon of water the day of your treatment and at least 80 ounces of water (10 glasses) a day until all your treatments are finished.**
- **You may use Arnica cream 3-4 times a day for the next 2-3 days for bruising.**
- **Avoid hot baths** or showers and vigorous exercise for 48 hours after treatment.
- Wear **loose fitting clothes** for at least 48 hours after your treatment.
- **Avoid** even casual sunbathing for 48 hours.
- **1 week after treatment, begin massaging area and continue until area has softened and there are no lumps or nodules.**
- **No hot tubs** (over 102 degrees) or saunas for at least two weeks after your treatment.
- Use at least an SPF 30 sunscreen whenever treated areas are exposed to any sunlight and do not sunbathe intensely or use tanning beds for 2 weeks after treatment.

**We want you to be completely happy with your visit to Eterna!**  
**Call the office with any questions or concerns 253.268.3400 or after hours 661.209.2754.**

**If you are pleased with the service you received today, we invite you to post a review on Yelp or Google.**