

# lachelé

AESTHETICS & WELLNESS

## Pre Treatment Guidelines for patients on blood thinners

The supplements and medications listed below can increase the risk of bruising. To reduce the risk, please discontinue\*  
10 – 14 days prior to treatment.

- Aspirin
- Coumadin
- Plavix
- Ibuprofen (Motrin, Advil, Aleve)
- St. John's Wort
- Omega 3 Fatty acids (fish oils)
- Vitamin E
- Ginger
- Ginko Biloba
- Ginseng

\*Note: if you have been prescribed Aspirin or any prescription blood thinner, do not discontinue use unless permitted by your physician.

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## Post Treatment Instructions- Botox/Dysport/ Xeomin/ Jeuveau/ Daxxify

- Do NOT rub or massage the treated areas for 24-hours following treatment. Microdermabrasion and Photo Facials can be performed the same day but prior to your injections.
- Do NOT apply makeup for 30 minutes after your injections.
- Do not lie down or do strenuous activity for 4 hours after treatment.
- It is possible you may experience a headache after treatment. You may take Tylenol or Excedrin. \*\* Keep in mind products that contain Aspirin or fish oil may increase the risk of bruising.
- The redness and marks on the treated areas will likely disappear within a few hours after treatment. There is a slight risk of bruising that may last up to one week. This is temporary and can easily be covered with make- up.
- Neurotoxins can take up to 2 weeks for the full effect. If you feel you would desire more relaxation of the muscles treated, we will address this at your 2 week follow up appointment. If you were treated with Dysport, your results will take effect sooner and you will see results by about day 5.

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## Post Treatment Instructions- Botox/Dysport/ Xeomin/ Jeuveau/ Daxxify

- This injection treatment is temporary, and at first you may find that your treatment results will last 3-4 months (4-6 months for Daxxify). If you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than 4 months.
- To achieve optimal results, you will need to repeat your treatments when you notice muscle activity and crinkling of the skin.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)