



## WRINKLE RELAXER

### PRE-TREATMENT INSTRUCTIONS

- Drink lots of water to hydrate your skin.
- Pre-treat with Arnica by dissolving 4 pellets under your tongue 4 times a day, 4 days before treatment
- Avoid fish oil (Omega 3's), Ibuprofen, Vitamin E, Ginkgo Biloba, Turmeric, Garlic & Aspirin for 7 days before and alcohol 3 days before to minimize bruising.

### TREATMENT EXPECTATIONS

- You will have little bumps at the injection sites after treatment. This is normal and will usually dissipate within an hour.
- Do not massage or put any pressure on the treated area for 6 hours (including lying face down on a massage table or wearing tight hats).
- Your treatment can take **up to 14 days** to take full effect.
- Some patients experience mild side effects such as headache, which usually resolves within a few days. If you do get a headache, you can take Tylenol.

### POST TREATMENT INSTRUCTIONS

- Keep your head above your heart for 6 hours.
- Avoid strenuous activity for 24 hours.
- Avoid saunas or anything that can lead to excessive sweating for 24 hours.

IN EMERGENCY SITUATIONS: Call 911 & call/text 480.454.5577

- Difficulty breathing or swallowing.
- Intense pain in the treated area.
- Excessive swelling that is increasing with time (allergic reaction).
- If you aren't sure if what you are experiencing is normal - call or email us!