

# CITY MED SPA

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## SCIENCE MEETS BEAUTY

Welcome to CityMedSpa. Thank you for choosing and trusting us with your care. It is our mission to work with you to achieve the best results by implementing a uniquely tailored treatment course optimized for your individual priorities and health.

The following instructions will assist in achieving the best results from your dermal filler treatment. Please take a moment to review this information and go over any questions or concerns you may have with us before your appointment. You may email [amy@citymedspa.com](mailto:amy@citymedspa.com) or text/call 404-301-2324 with any questions. It is recommended that you seek medical attention from your family physician if you have concerns about specific skin lesions or changes prior to beginning a treatment session.

### Pre-Filler Instructions

- No Aspirin, Vitamin E, Ginkgo Biloba, Aleve, St. John's Wort, garlic, or Ibuprofen (Motrin or Advil) for at least 10 days, before your appointment.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 10 days before your appointment, and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform City MedSpa at least one week before your appointment, so we can prescribe a medication to prevent an outbreak.
- Come to your appointment with a clean face. \*\*This means NO MAKE-UP\*\*
- Eat a small meal or a snack before your appointment.
- Take Tylenol one hour before your appointment to help with any discomfort you may have.
- Take vitamin K or arnica tabs prior to appointment if you would like to reduce bruising. The healthier you the better the day prior to your procedure.
- If desired prescription numbing medication will be called into Brooke's pharmacy. Apply 2ml to desired treatment areas 20 minutes before arriving. Bring remaining 1ml to appointment (cost of medication at Brooke's is \$25-45). Please call 404-301-2324 to have this prescribed.

## During Filler Treatment Instructions:

- Put hair away back from your face with hair tie
- Wash face at bathroom sink with medical grade soap.
- If lip or peri-oral filler:
  - Use medical grade mouthwash labeled on counter
- Photos will be taken
- You will wear gloves like your injector to be part of the clean team
- You will also get a bib for you lap
- You'll get to ice squares wrapped in an antiseptic gauze

## Post-Filler Instructions

- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections. You may want to refrain from going to any special events during this time.
- If you notice bruising or abnormal skin color outside of the area injected please call or return to the office.
- Use Arnica gel three times daily as needed for any bruising
- OTC Tumeric capsules can be taken to help with inflammation or swelling.
- Sleep on your back the night following your filler placement
- It is normal to "feel" the product after it was placed. Do not Massage. If you have any concerns regarding product placement please return to our office.