

FILLER POST CARE INSTRUCTIONS

- **DO NOT** massage, touch, or manipulate the injection site. Avoid vigorous scrubs, exfoliation, or facial treatment in the area for 24 hours.
- Avoid makeup for 24 hours post injections.
- Avoid exercise for 24 hours post injections.
- Avoid prolonged exposure to direct sunlight or UV tanning beds for 72 hours after procedure (no sauna or hot tub).
- Oral or topical Arnica, an herbal supplement, may help with reducing swelling caused by cosmetic treatments. **DO NOT** take Arnica if you have liver or kidney problems.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, Caffeine, Alcohol, and non-steroidal anti-inflammatory drugs (NSAIDS) may promote the risk of bruising and bleeding in the injection area. Please avoid these one week prior to injections and one week after injections.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) after your treatment.
- Avoid dental work for 30 days post procedure.
- If you experience any of these symptoms please contact our office immediately: dusky or white discoloration of the injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty smiling or swallowing, fever or chills. In urgent cases like these, the antidote for hyaluronic acid fillers will be used to melt the filler and unblock the blockage. It is important to act swiftly to prevent scarring. If complications arise outside of normal office hours, contact your doctor or go to the nearest emergency department. If you have any questions or concerns do not hesitate to contact Trouvaille Med Spa at (219) 200-2901

NEUROTOXIN POST CARE INSTRUCTIONS

- **DO NOT** massage, touch, or manipulate the injection site for 24 hours post treatment to avoid migration to other areas.
- **Washing your face gently and applying make-up is fine. Avoid using a Clarisonic facial cleanser, having a facial, placing your face in a massage cradle or lying face down in a chiropractor's chair for 24 hours following the injection.**
- **DO NOT** rest your head or lie down for 4 hours following treatment. This will ensure the product will not spread into the orbit of your eye, which could cause a drooping eyelid in rare instances.
- **DO NOT** participate in activities that include heavy lifting, vigorous exercise or straining for 24 hours post treatment. It takes approximately 4 hours for the product to bind to the nerve and you do not want to increase circulation in that time.
- **Bruising in the area injected is normal and often expected, especially if treated around the eyes. Oral or topical Arnica, an herbal supplement, may help with reducing swelling caused by cosmetic treatments. DO NOT take Arnica if you have liver or kidney problems.**
- **Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.**
- **Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, Caffeine, Alcohol, and non-steroidal anti-inflammatory drugs (NSAIDS) may promote the risk of bruising and bleeding in the injection area. Please avoid one week prior to injections and one week after injections.**
- **The most common side effect is a headache, which may be treated with Tylenol. If there are any additional questions regarding this, please contact your provider.**
- **Neurotoxins can kick in as early as 2-5 days, but allow a full 2 weeks for full effects of treatment. A follow up visit at 14 days is best to assess results for subsequent treatments.**
- **Any questions or concerns please call our office at (219) 200-2901.**

MORPHEUS 8 POST CARE INSTRUCTIONS

- Moderate Erythema, Grid Marks, Scabbing, swelling, bruising, is to be expected and normal. Grid marks can last on the skin for up to 2 weeks. Do not manipulate or scratch any scabbing.
- Apply given Growth Factor Serum to treatment area. Emollient Cream (Aquaphor, Vaseline) may also be applied.
- Stop all use of retinols, retinoids, or any active ingredients for at least 72 hours. You may resume normal skin care routine 7 days after treatment.
- Avoid sun exposure, tanning, or any vigorous exercise for 48 hours following treatment. You may use high factor sunscreen 24-72 hours after treatment.
- Following the treatment, area should be kept clean to avoid contamination or infection. (ex. Clean pillow case, wash hands before touching face.)
- If you have excessive itching or swelling, Hydrocortisone cream and Benadryl may be used to alleviate symptoms.
- Any questions or concerns please call our office at (219)200-2901.

LASER HAIR REMOVAL POST CARE **INSTRUCTIONS**

- Avoid sun exposure, tanning beds, and artificial tanning lotions until your treatments are complete.
- Avoid hot showers, saunas, hot tubs, swimming, and strenuous sports for 24 hours following the treatment, or until any redness, crusting, or blistering have resolved.
- If crusting develops, it should fall off naturally. Do not pick or scratch.
- Do not wax, tweeze, bleach, or use hair removal creams or electrolysis on treatment area until all treatments are completed.
- Do not shave treated area for 1-3 days post-treatment if crusting or blistering occurs.
- Apply a minimum of SPF 30 broad spectrum sunscreen.
- Treated area may appear red, irritated, swollen, feel like a sunburn, or present with hives. Benadryl, Ice packs, or cold Aloe Vera may be used to alleviate symptoms.
- You may experience "Hair Shedding" the first few days after treatment which is sometimes mistaken for hair growth.
- You can apply makeup, lotion, resume shaving and apply skincare products to treatment area as early as the next day if the skin is not broken and there is not extended redness, blistering or scabbing. Thoroughly remove makeups and creams gently with a soft, clean cloth and mild cleanser. Pat to dry. The treated area is very delicate and should be treated with care. Excess rubbing can open the area and may lead to scarring.
- Any questions or concerns please call our office at (219)200-2901.

MICRO CHEMICAL PEEL/DERMAPLANE
POST CARE INSTRUCTIONS

- **Avoid excessive sun exposure for the first 2-4 days after treatment.**
- **Use an SPF of 30 or higher when exposed to sunlight. Reapply every 2 hours.**
- **Do not use any active ingredients like retinol, glycolic, or salicylic acid, etc., for 2-4 days post treatment. Use a gentle moisturizer if needed. Avoid any prescription grade topical ointment for up to 2 weeks.**
- **Avoid abrasive scrubs and exfoliating peel pads for 3 days post treatment, or until skin can tolerate it.**
- **Makeup may be worn same day of treatment.**
- **Do not wax for 2 weeks post treatment.**
- **Erythema, "Spotchy Skin", some peeling (chemical peel only), and sensitized skin is normal post chemical and mechanical exfoliation and will resolve within a few days.**
- **Mechanical/Chemical Exfoliation recommended every 4-6 weeks.**
- **Any questions or concerns please call our office at (219)200-2901.**

IPL (PHOTOFACIAL) POST CARE **INSTRUCTIONS**

- Post treatment discomfort is mild, and you may immediately return to your regular activities. Avoid hot baths, pools, excessive heat to the face. Cooling compress may be applied if excessive heat is felt.
- Avoid any Sun exposure for 2 weeks following your treatment. This includes tanning beds and artificial tanning lotions during your entire treatment, and 2 weeks before. Always use an SPF of 30 or higher.
- Browning, darkening of skin pigment, purplish or black tints, as well as crusting of pigmented area over a few days, may all occur as part of normal post-treatment healing. Crusting will flake off, and while erythema and edema may also appear, these symptoms will resolve in 3-7 days.
- Blanching, greying, or a deep purple tinting of the vessel may occur over the course of a few days as the damaged tissue will be broken down and absorbed. This may last approximately 3-7 days.
- Moisturizer may be applied 24 hours after each treatment, apply regularly throughout the course of your treatment. You may also apply makeup at this time, but it is important that make up be removed at night.
- Any use of retinoids, retinols, active ingredients, or photo-sensitizing products should be avoided a week before and a week following your treatment.
- Any questions or concerns please call our office at (219)200-2901.

BROW AFTER CARE

- **DO NOT** work out for 48 hours after procedure.
- **No ointments, creams, vitamins on area.**
- **No sauna, no swimming, no pools until scabs are completely healed and gone.**
- **No sunbathing or tanning for 4 weeks after procedure.**
- **No chemical peels, botox, dermabrasion, or any other strong treatments for 4 weeks after procedure.**
- **No heavy makeup of any kind for at least 2 weeks after procedure.**
- **Do not scratch area.**
- **Do not sleep on area.**
- **Any questions or concerns please call our office at (219)200-2901.**

Day 1: Gently blot area with a clean tissue to absorb any fluid.

Day 2-7: Use fingertips and a light touch to wash each day with unscented cleanser. Gently pat dry. Apply rice grain size of aftercare 3 times a day or as needed across area. Be sure tattoo is dry before moisturizing.

Day 7-28: Repeat days 2-7 as needed.