

TOX PRE CARE

No clot reducing meds 10 – 14 days before

Risks/Complications Allergic reaction, abnormal facial expressions, paralysis of nearby muscles, eyelid and eye brow droop, disorientation, double vision, facial pain, asymmetrical appearance, head ache, nausea, flu-like symptoms, impaired swallowing or speech, permanent muscle atrophy, nerve irritability, and production of antibodies with unknown general health effects. **Contraindications** Myasthenia Gravis, MS, ALS, Guillen- Barre, any other neurological or movement disorder, hypersensitivity to Type A Toxin, or its constituents human albumin, use of aminoglycoside antibiotics, or spectinomycin, pregnancy or breast feeding.

TOX

POST CARE



- Lying down for 6 hours
- Massage appointmentss within 24 hrs
- Pressure or area for the day
- Makeup for one hour
- Strenuous exercise
- Hair washing, blow drying, or shower for the day
- Air travel day of procedure

Onset 2 – 3 days, max effect 10 –14 days. Duration approximately 3 months. The period between each treatment should be at least 3 months. Seek medical help immediately if swallowing, speech, or respiratory issues occur. Injection-related reactions occur and may include: bruising, swelling, tenderness, and headache. Increased bruising and bleeding are common in patients taking medications that reduce clotting.

FILLER PRE CARE

Allow two weeks before any special event. May take Arnica tabs 7-10 days prior to appointment. Avoid Aspirin for 10 days, Ibuprofen, Advil, Aleve, Vit E, ginseng, St Johns Wort, Omega3/fish oil, for five days prior to procedure, Alcohol for 24 hours prior to appointment. Tylenol may be taken. Avoid dental work for two weeks before AND after. Reschedule if you have a cold sore and with a history of coldsores, consult PCP and consider antivirals prior to filler for lips as filler can trigger an outbreak.

Risks/Complications The following risks may occur, but there may be unforeseen risks and risks that are not included on this list. Some if they occur, may necessitate hospitalization, and/or extended outpatient therapy to permit adequate treatment. This specific instance such risks include but are not limited to: **1)** Post treatment discomfort, swelling, redness, bruising, and discoloration; **2)** Post treatment infection associated with any trans-cutaneous injection; **3)** Allergic reaction; **4)** Reactivation of herpes (cold sores); **5)** Lumpiness, visible yellow or white patches; **6)** Granuloma formation; **7)** Localized necrosis and/or sloughing, with scab and/or without scab if blood vessel occlusion occurs; **8)** Blindness due to vascular occlusion. **Contraindications** Pregnant or Breastfeeding. Multiple allergies or high sensitivity to medications, including but not limited to Lidocaine.

FILLER

POST CARE

- May use ice pack 20 minutes on and 20 minutes off



- Vigorous exercise for 48 hrs
- Saunas or hot tubs
- Sun exposure while bruising exists
- Massaging or manipulating treated area for the rest of the day
- No dental work or cleanings for 2 weeks

You may apply makeup as usual the day following procedure. Keep head elevated while sleeping. May take Tylenol with headache or discomfort. After bruising resolves you may take ibuprofen. Arnica may be taken for a week leading up to appointment to try to minimize bruising. Arnica gel may be used on any bruises. Notify office immediately with excessive pain, swelling, white blotchy blueish or dark red discoloration or severe bruising, in any area, or if any crust, scab, or rash develops.

PRP FACIAL/FACELIFT

PRE CARE

1. Avoid sun for a minimum of 24 hours before and after the treatment; preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent. **2.** Discontinue Accutane at least 6 months prior to treatment and discontinue use during treatment course. **3.** No: Chemical Peel for 2 weeks prior and after treatment, Retin-A, Renova, and Tazorac 1 week prior to or after treatment, Waxing and/or use of chemical depilatories 2 weeks prior and after the treatment. **4.** Shaving allowed before treatment and 48-72 hours after treatment provided there is no skin irritation. **7.** Notify provider of tattoos, including cosmetic tattooing and microblading, as tattoos must be avoided. **8.** With history of cold sores, we may recommend prophylactic antiviral therapy in the form of Valtrex® or Aycyclovir. If so, contact your primary care provider and follow the directions for your prescription. **9.** During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

Contraindications Pregnant or Breastfeeding.

PRP FACIAL/FACELIFT

POST CARE



- Products with parabens, petroleum, mineral oil, silicone, cetyl alcohol, fragrance, alpha hydroxy acids, beta hydroxy acids, retinol (vitamin A), vitamin C or anything perceived as 'active' skin care.
- Exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists (first 24 hours)
- Swimming for 24 hrs

1-3 days A sunburn-like effect. Skin may feel tight, dry, swollen, and sensitive. May appear darker and darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow skin to flake off naturally. Resume exfoliating after one week. If sent home with PRP, apply directly to skin evening of procedure. Morning after: Wash with gentle cleanser or water. Apply Neocutis After Care or Biofirm or what provider prescribes, as needed for the next 24 hours. 24-72 hours post-treatment - mineral makeup can be applied. 48-72 hours post-treatment – return to regular skin care regimen. Retinol products are strongly suggested for optimal results. Minimize Sun exposure 24 hours after your treatment, preferably 1-2 weeks. In sun, use a protective hat and a full spectrum sun block of SPF 30 or higher. Neocutis and Epionce full regimens and SPF products available. Sweating can be harmful due to bacterial that may cause infections and adverse outcomes. May take Tylenol or use ice packs for discomfort. Sleep on your back with your head elevated slightly to reduce swelling. Watch blood draw area for unusual swelling or signs of infection; contact us immediately if you have any concerns. For best results and efficacy, we recommend a series of 5-8 treatments administered at 4-6 week intervals (Vampire facials 3 initial treatments). You may notice immediate as well as longer term improvements in your skin. Once results achieved, maintaining every 4-6 months is optimal.

VI PEEL

PRE CARE

For appointment wear a headband to pull hair back & a low cut shirt (for neck application)

Retinol up to the day of the peel but stop Rx strength

Retin-A 48 hrs - 5 days prior to application

POST CARE

For raw/irritated areas use Curad Germ Shield Silver Wound Gel. 7-10 days post ONLY use: VI aftercare kit, aquaphor, Neocutis Aftercare, emu oil, and or Epionce Post Treatment Kit, as per your provider; or what your provider recommends. Post peel protectant may sting when initially applied, but should resolve shortly; use throughout the day for itching or burning. If you hate it, throw it away. Gentle cleanser sparingly. Use *cool* water. Avoid strenuous exercise 3 days; will increase your body temp & could cause your face to blister from heat.

DO NOT PICK SKIN. Rolling the skin off in the shower, rubbing, and over washing at the sink is the same as picking the skin off prematurely and can result in hyper/hypo pigmentation. Day 3-5 are typically the heaviest peeling. Body parts – chest, arms, and back can take 7 days to start peeling and often only flake. **Tox and can be done the same day to achieve a great result. Highly recommended. GLOWTOX!** No lash extensions 7-10 days post peel. Adhesives can cause irritation and swelling. Avoid excessive sun duration of the peel (7 days); wear the spf 50 sunscreen and a hat if you will be exposed to the sun at any point during the peel. No perfumes 7-10 days. Alcohol in products may irritate. Any head coverings should be clean before use or not used to avoid Bacteria introduction. First hour of the peel, minimize masking. During peeling may experience extra peeling or irritation in mask area. Change mask frequently during process.

Purging/Break Outs: Purging is a normal side effect of the peel; extent varies and resolves 10-14 days post peel. Surface breakouts dry out, while deep acne surfaces.

Pigment: Designed to lift pigment and lighten skin. Pigment comes from the Papillary Dermis and can worsen before improving; thus the need to do peels in a series. Pigment darker at days 4-10 days may occur. Stubborn heavy pigment requires specific at-home maintenance, as prescribed by your provider at Youveau. 28-day Skin Cycle is for the average, middle-aged adult. Experts agree that patients tend to sheet/peel significantly the closer their cell cycle is to the stratum corneum with a chemical peel. When their cell cycle is back at the stratum basale, patients may see little to no shedding. Even with little to no peeling, VI Peel penetrates to the papillary dermis thereby stimulating new skin growth and collagen. Thus it will improve surface texture and appearance with more evenly distributed melanin. Please message Youveau @ (717) 417-4470 if you have any concerns or questions.

MICRONEEDLING

POST CARE

- Anti-inflammatory medications (such as Benadryl) may be taken before bed the evening after treatment.
Exfoliating face washes and products such as scrubs, Clarisonic, retinol, Alpha Hydroxy Acids (Glycolic, Lactic, Malic Acid, Salicylic), enzyme Peels, or microdermabrasion for 10-14 days post-procedure.
- Lightening products (such as Lytera 2.0, vitamin C) may be worked into your skincare regime 5 days post-treatment



- Exercise for 24 – 48 hours
- Makeup for 24 hours.
- For male patients, we recommend not to shave for a week after treatment.

MICRONEEDLING

PRE CARE

STOP hydroquinone, retinol, and exfoliating acids at least 3 days prior to treatment.

If you suffer from cold sores/fever blister, take Valtrex 3 days prior to treatment to prevent an outbreak. Please reach out to your provider if you need this prescribed for you.

Please come to your appointment with no make-up or skincare on.