

# **Coolsculpting**

## **Post Treatment:**

- » **There is minimal discomfort and recovery time after CoolSculpting.**
- » **Patients are able to return to their daily routine immediately after the procedure.**
- » **Patients have minimal discomfort following the procedure; however, you may experience swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity.**
- » **You may start to see changes as early as three weeks after the CoolSculpting procedure, and you will experience the most results after one to three months.**
- » **Maintain a healthy diet and exercise routine after your procedure.**

**Please call us at ( 714)572-0040 if your symptoms appear to worsen or last longer than two weeks.**



# **Botox**

## **Post Treatment:**

» **Avoid using Aspirin, ibuprofen (Advil), Motrin, Aleve, St. John's Wort, Vitamin E, or Fish oil supplements 10-14 days prior to the procedure. These agents may increase the risk of bleeding and bruising.**

» **Avoid applying pressure or massaging over treated areas several hours after treatment.**

» **Remain upright for 4 hours after treatment.**

» **Avoid vigorous exercise and yoga for 12 hours after treatment.**

» ***Reminder:* Results of your treatment may take up to 14 days to take full effect. However, many will notice results in 5-7 days post treatment.**

**Please call us at ( 714)572-0040 if your symptoms appear to worsen.**



# **Fillers**

## **Post Treatment:**

» **Avoid using Aspirin, ibuprofen (Advil), Motrin, Aleve, St. John's Wort, Vitamin E, or Fish oil supplements 10-14 days prior to the procedure. These agents may increase the risk of bleeding and bruising.**

» **Avoid applying pressure or massaging over treated areas for 1 week after treatment.**

» **Avoid intense heat over treatment areas for 1 week after treatment. If consuming hot liquids such as coffee or soup, use of a straw is recommended.**

» **Avoid vigorous exercise and yoga for 12 hours after treatment.**

» **Avoid Aspirin, ibuprofen (Advil), Motrin, Aleve and alcohol for 6 hours after treatment.**

» **Cool compresses may be used immediately after treatment to reduce swelling.**

**Please call us at ( 714)572-0040 if your symptoms appear to worsen.**



# **Laser Hair Removal**

## **Pre Treatment:**

» **Avoid the sun 1-2 weeks before and after treatment.**

» **When treating face, discontinue any harsh topical creams such as Retin A, salicylic/lactic/glycolic acid creams, 3-5 days before and after treatment to avoid skin irritation.**

» **You MUST avoid bleaching, plucking, threading, chemical removal (Nair), or waxing 4-6 weeks prior to treatment.**

» **RECENTLY TANNED SKIN CANNOT BE TREATED.**  
**Avoid tanning, spray tanning, and spray tan mousse/gels/creams during the course of your treatment.**

»**Shave area prior to treatment.**

**We kindly ask that if you must change an appointment, please give us at least 48 hours notice.**

**Please call us at ( 714)572-0040 if you have any questions.**



# **Laser Hair Removal**

## **Post Treatment:**

- » Immediately after treatment, redness and slight irritation (bumps) may be present on treatment area. This is normal and may last up to 2-3 days.
- » If irritation and bumps persist you can apply over the counter Hydrocortisone 1% to affected area 2-3 times daily until it resolves. Aloe Vera can also be applied.
- » Make up and deodorant may be used after the treatment as long as skin is not irritated.
- » Avoid sun exposure to treatment area and use sunblock (SPF 30+) throughout the course of the treatment.
- » No plucking, threading, waxing, Nair or electrolysis in between treatments. Only shave the treatment area.
- » There are no restrictions on bathing, except to treat the skin gently.
- » Return to our office in 4-6 weeks for your next treatment.

Please call us at ( 714)572-0040 if you have any questions.



# **Microneedling**

## **Post Treatment:**

- » Wash the face thoroughly a few hours after treatment. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time), and remove all serum and other debris such as dried blood. This will improve the appearance of the skin and also allow for better subsequent absorption of serum. Mineral makeup may be applied the following day.
- » For the first 1-3 days, the skin will be very dry and feel tight. Frequent use of a recommended serum will help alleviate this as well as moisturizers.
- » After 2-3 days, patients can return to regular skin care products or as soon as it is comfortable to do so. Vitamin A products are optimal and suggested.
- » Avoid alcohol-based toner for 10-14 days.
- » Avoid direct sun exposure for at least 10 days if possible.
- » Do not apply chemical sunscreen the same day as treatment. Undesirable chemicals can penetrate if used in large amounts.

Please call us at ( 714)572-0040 if you have any questions.



# **ZO Hydroquinone Treatment Protocol:**

**AM:**

**Gentle Cleanser  
Exfoliating Polish (3x a week)  
Complexion Renewal Pads  
Daily Power Defense  
Pigment Control Creme  
Add an SPF**

**PM:**

**Gentle Cleanser  
Complexion Renewal Pads  
Pigment Control Creme  
Pigment Control + Blending Creme (Mixed  
with Tretinoin)**

**Please call us at ( 714) 572-0040 if you have  
any questions.**

