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We are so happy that you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

*Please reach out with any questions or concerns you have regarding your treatment –*  
Call or Text: (918)-779-7590 | [soultulsa.com](http://soultulsa.com) | 1312 E 36th Place, Tulsa, OK

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**PRE-TREATMENT INSTRUCTIONS:**

- Discontinue medications that may increase bleeding or bruising, such as aspirin, ibuprofen, and certain herbal supplements, at least 7 days before treatment. Always consult your provider before stopping any medication.
- Do not use harsh skincare products or undergo exfoliation treatments on the area to be treated for at least 1 week prior to treatment.
- Reduce or eliminate alcohol intake for at least 24-48 hours before treatment to minimize the risk of bruising and swelling.
- Limit strenuous physical activities and heavy exercise for 24 hours before treatment.

**POST-TREATMENT INSTRUCTIONS:**

- To reduce swelling and discomfort, apply ice packs or a cold compress to the treated area for 15-20 minutes, several times a day, for the first 48 hours.
- Keep your head elevated, even while sleeping, to help minimize swelling.
- Use over-the-counter pain relievers such as acetaminophen (Tylenol) as recommended by your provider. Avoid nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen or aspirin unless directed by your healthcare provider.
- To reduce swelling and avoid complications, refrain from engaging in strenuous physical activities or heavy exercise for at least 24-48 hours after treatment.
- Avoid hot baths, saunas, and direct sun exposure for 72 hours to prevent exacerbating swelling.
- Use gentle skincare products and avoid applying harsh or abrasive products to the treated area for at least a week.
- Do not massage or apply pressure to the treated area.
- Look for signs of severe complications, such as intense pain, prolonged redness, or infection (e.g., fever, increasing redness, warmth, or pus). If any of these occur, contact our office immediately.