



We are so happy 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 | 1312 E 36th Place, Tulsa, OK

PRE-TREATMENT INSTRUCTIONS:

- Discontinue medications that may increase bleeding or bruising, such as aspirin, ibuprofen, and certain herbal supplements, at least 7 days before the procedure. Always consult your provider before stopping any medication.
- Stop using retinoids, glycolic acids, and other exfoliating or irritating skincare products at least 5 days prior to treatment to reduce skin sensitivity.
- Reduce or eliminate alcohol intake for at least 24-48 hours before the treatment to minimize the risk of bruising and swelling.
- If you have had any recent treatments in the area, inform your provider to ensure they are taken into account.

POST-TREATMENT INSTRUCTIONS:

- Apply ice packs or a cold compress to the treated area for 15-20 minutes, several times daily, for the first 48 hours to reduce swelling and discomfort.
- 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.
- Avoid applying makeup for 24 hours. If you need to wear makeup, make sure you are sanitizing your makeup and using new brushes or sponges.
- Refrain from strenuous physical activities or heavy exercise for at least 24-48 hours post-treatment to reduce swelling and avoid complications.
- Avoid hot baths, saunas, and direct sun exposure for a few days to prevent exacerbating swelling.
- Refrain from consuming alcohol and smoking for 72 hours before and after the treatment to support healing.
- Use gentle skincare products for 3 days following treatment, and then you may resume your normal skincare routine.
- If you notice small bumps after 24 hours, you can use your finger to firmly massage and smooth out the bump. If the bump does not resolve after 1 week and it is bothersome to you, please make a follow-up appointment for evaluation.
- Watch for signs of severe complications such as intense pain, prolonged redness, or signs of infection (e.g., fever, increasing redness, warmth, or pus). Contact your provider immediately if any of these occur.
- Since results can take 3-4 weeks, a follow-up appointment will be scheduled to evaluate your results. You will be asked to remove your make-up to take photos, so please bring your make-up to reapply if needed.

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