



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 | 1312 E 36th Place, Tulsa, OK

PRE-TREATMENT INSTRUCTIONS:

- DO NOT USE Aspirin, Motrin or any other non-steroidal anti-inflammatory medications, St. John's Wort, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, high doses of Vitamin E, or any other essential fatty acids at least one (1) week before or after treatment.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- Be prepared to wash your face prior to your treatment and you should not reapply any make up for 24 hours.
- After your treatment, you may have some swelling and bruising so please schedule your appointment with this expectation.



POST-TREATMENT INSTRUCTIONS:

- DO NOT touch, press, rub, or manipulate the treated areas for at least six (6) hours after your appointment. Doing so can cause irritation, sores, product migration, or even scarring.
- AVOID vigorous exercise, sun exposure, and heat (e.g., saunas, hot showers) for three (3) days post-treatment.
- AVOID alcohol, caffeine, niacin supplements, high-sodium and high-sugar foods, refined carbohydrates (fruit is okay), and cigarettes for 24–48 hours after treatment, as these can increase swelling.
- Mild redness and/or swelling is normal and typically resolves within seven (7) days. Cold compresses may be applied immediately after treatment to help reduce swelling. If symptoms persist beyond seven days or if you experience other side effects, please contact our office.
- Avoid sunbathing and cold outdoor activities until all redness or swelling has completely subsided.
- It's best to avoid wearing makeup or lipstick until the following day. Applying products too soon may lead to breakouts or infection.
- Keep in mind that one side of the face may heal or show results faster than the other. Final results should not be judged until at least two (2) weeks post-treatment or after follow-up with your injector.
- Schedule your follow-up treatment before the product fully dissipates to maintain your refreshed appearance. Your injector will advise you on the ideal timing for touch-ups or maintenance treatments.

FOLLOW UP & RESULTS:

- Results are usually immediate. However, you will have some swelling so it may take a few weeks to see the final result. Therefore, we always wait 2 full weeks before we will touch anything up. Multiple sessions may be necessary to reach your optimal outcome.
- We will schedule a follow-up in 2 weeks to assess your results.