



14 Days Before Procedure



Avoid

- Aspirin
- St Johns Wort
- Omega 3 or Fish Oil Supplements
- High Dose Vitamin E
- Anti Inflammatory such as Ibuprofen

***Always consult your GP if Aspirin is Prescribed**

Begin

- Arnica Montana Tablets (7 days before)
- Eating Pineapple which contains Bromelain which helps the body to clear metabolic waste & heal faster

***Always check with your GP or Medical Specialist if you are taking prescribed medicine before commencing any herbal treatment.**

2 Days Before Procedure



Avoid Alcohol

Alcohol has a blood thinning effect & will give you a greater risk of bleeding & bruising which can lead to further complications from swelling. Bruising can be extensive & take anything for 7-10 days to resolve, rarely several weeks to resolve.

Day of Treatment



Avoid Wearing Skin Cream & Bring Compression Garments to Appointment

The area will be cleaned prior to treatment but it is better to avoid using any creams, oils or talc on the day of treatment. It is advisable to wear a compression garment or compression chin strap post procedure, ideally a medical grade and must be correctly fitted. You can bring the garment/strap to the appointment and wear this immediately post treatment, this will help to prevent swelling and aid the treatment outcome.

For 7-14 Days



Post Treatment

- Avoid Touching Treatment Area
- Avoid Make-up 24 Hours, unless Mineral
- Avoid Swimming, Sauna or Hot Tubs until Swelling has Completely Resolved
- Avoid Shaving 24-48 Hours
- Use Arnica Cream on Bruising
- Keep Hydrated
- Wear Compression Garment/Strap
- After Initial Swelling has resolved commence massage