

Mesotherapy Pre-Treatment Instructions

- **Avoid** Willow Bark or Ginkgo Biloba supplements for at least 10 days prior to treatment.
- **Avoid** Aspirin, Vitamin E, anti-inflammatory drugs such as Motrin, Advil, or Aleve for at least 5 days prior to treatment.
- Try to **limit caffeine intake** in the 24 hours before your treatment.
- If you take any prescription stimulants, **do not take them** on the day of treatment.
- If you are being treated on the face, start your Medrol dose pack 3 days before treatment. On the **morning** of your treatment.
- Wash the area to be treated vigorously with antibacterial soap.
- Do not use any lotions, creams, bath oils, or sprays on the areas to be treated.
- Apply your Arnica cream (except if treated on the face) 2+ hours before treatment.
- Eat a **light, high-protein** meal 2-4 hours before your treatment. A **high protein bar** (with 30 grams protein or more) approx. 30-45 min. before your treatment can really help.

Mesotherapy Post-Treatment Instructions

- You may go back to work.
- **Avoid hot baths** or showers for at least 48 hours.
- Drink **1 Gallon of water the day of your treatment** and at least **80 ounces of water (10 glasses) a day until all your treatments are finished.**
- **No hot tubs** (over 102 degrees) or saunas for at least two weeks after your treatment.
- **No vigorous exercise** for 48 hours.
- **Continue to use your Arnica cream** 3-4 times a day for the next 2-3 days.
 - **Do not** use any other creams or lotions on the treated areas for 48 hours.
- Wear **loose fitting clothes** for at least 48 hours after your treatment
- **Remember, bruising may last for 10 days or more after treatment.** Avoiding the drugs and herbals mentioned above helps reduce bruising.
- **Avoid** even casual sunbathing for 48 hours. After then, use at least an SPF 30 sunscreen whenever treated areas are exposed to any sunlight for two weeks after the procedure. Do not sunbathe intensely or use tanning beds during these two weeks.
- If your treatment was on the face, finish your Medrol dose pack and take your Lasix as directed.