

Mesotherapy Pre and Post Treatment

Pre-Treatment Instructions

- You should consult with your physician if you have any skin sensitivity
- Avoid sun exposure, tanning beds and tanning creams for 2-3 weeks before and after your treatment.

Post-Treatment Instructions

- Take Tylenol if needed for pain
- Drink eight 8 oz glasses of water per day during treatment
- Receive treatments as scheduled
- Do not exercise for 48 hours following treatment
- Do not massage or rub the treatment area for 24 hours
- Do not go swimming or take a bath for 24 hours following treatment (you may shower but do not use soap in the treatment area)
- Do not use soap, creams or lotions in the treatment area for 24 hours
- Do not expose the treated area to direct sunlight for 24 hours
- Do not take ASA products (Advil, Motrin, Aspirin, Ibuprofen, etc) for 48 hours following treatment

What to Expect

- The treatment area may become red, swollen, bruised, warm and/or itchy after treatment. This is a normal side-effect of treatment and will begin subsiding in 2 to 3 days after treatment.