

### **COVID CONCERNS**

- If you have received the COVID-19 vaccine within the last 2 weeks or plan to receive the vaccine within the next two weeks. Please call to reschedule your appointment. For your safety, our injector will not administer facial fillers, Botox, PDO Threads or other injectable services until the 2 week window has passed.
- If you have traveled by plane within the last 2 weeks, we apologize; however, we will need to reschedule your services.
- If you are a healthcare worker or work in a field where you may have potentially been exposed in your regular line of work such as fire, police, ambulance, etc. please call the office so you can discuss the particulars with your injector prior to your appointment.

### **FILLER PRE TREATMENT INSTRUCTIONS**

“A few simple guidelines can make a difference between a good result and a fantastic one”

- DO NOT WEAR MAKE-UP ON THE DAY OF THE INJECTIONS. Please come to the appointment with a clean face or come early and let the front desk know so they can assist you. Makeup must be removed prior to injections.
- Please arrive 10 minutes early for paperwork.
- You must not be pregnant, on antibiotics or nursing.
- Eat high protein meals prior to your appointment.
- No ALCOHOL, FISH OILS, ASPIRIN, IBUPROFEN, ADVIL, MOTRIN or other over the counter blood thinners for 7 days prior to injections. If you are on blood thinners for medical reasons, let us know ahead of time.
- No dental work 2 weeks prior to injections.
- Sign up for Brilliant distinctions or Aspire Rewards program through the manufacturers, if desired, to earn rewards and save on future treatments. The applicable links are below. Please bring in your log in and your password to receive points.
  - For Juvederm, Volbella or Voluma: [www.BrilliantDistinctionsProgram.com](http://www.BrilliantDistinctionsProgram.com)
  - For Restylane, Refyne, Defyne or Sculptra: [www.AspireRewards.com](http://www.AspireRewards.com)
- To help MINIMIZE BRUISING as well as speed up healing, we recommend Arnica Montana (available at LaVida and Cosmos too). Place 3 or 4 pellets under your tongue, 3 times a day, the day before your treatment and the morning of that day. Continue taking pellets 3 times daily for 5 days if extensive bruising occurs.

### **FILLER POST TREATMENT INSTRUCTIONS**

- Do NOT, touch, press, rub, or manipulate the injected areas for 6 hours after treatment. You can cause irritation and infection.
- No dental work 2 weeks after injections.
- Avoid exercise for 3 days after treatment.
- Avoid IPL, laser treatments, chemical peels and micropen treatments for 1 month.
- Always wear sunscreen, preferably a physical one with zinc or titanium as active ingredients.
- May use Ibuprofen and ice for mild discomfort post procedure and resume all other supplements that have a blood thinning effect such as fish oil etc.
- We recommend you not use Retin-A or like products (ex. Kinerase, Tazarac) for three days after treatment to avoid increased irritation and redness.
- It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules. If you must wear makeup we recommend a good quality mineral makeup. (such as Advanced Minerals, Jane Iredale, Youngblood, etc.)
- Please remember one side may heal faster than other side.

- Regarding your Lips: “Don’t Love Them or Hate Them for 2 weeks”. You must wait 2 weeks before retreating or correction.

**Please report any increased pain, swelling, redness, blisters, or itching immediately following your treatment per below:**

- **LaVida:** 480-629-4985, 7 days per week
- **Cosmos:** 480-844-0707, Tues thru Saturday
- **Both locations after hours or if you don’t hear back promptly:** Text Muschi at 602-292-4605 or contact her via email at: [Muschi@LaVidaMedSpa.com](mailto:Muschi@LaVidaMedSpa.com).