



Skinvive Pre and Post-Treatment Instructions

Please review the following Skinvive Instructions. If you have any contraindications that would prevent us from performing your treatment, please let us know and we can reschedule your appointment. Thank you!

Pre-Treatment Instructions:

- Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.
- To lessen the likelihood of bleeding or bruising, discontinue the use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, garlic, Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or post-injectable treatment, as it is also a blood thinner.
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area.
- Any injection introduces the risk of infection. For this reason, the following is taken into consideration when proceeding with injections. We will delay injectables if you:
 - Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days
 - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure
 - Have had any immunizations in the past 30 days or if you're anticipating immunizations in the next 30 days
 - Have had any tattooing or permanent makeup within the treatment area within the last 30 days
 - Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya)
 - Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

Please arrive 30 minutes before your appointment to apply numbing cream. The numbing cream will be placed on the red table closest to the office door.

Post-Treatment Instructions:

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long-lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.
- **DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT:** No cleanser, moisturizer, or makeup!
- **DO NOT** massage, touch, or manipulate the injection site.
- Ice packs may be used on the treated area during the first 12 hours. Ice for 15 minutes every hour.
- Avoid dental work for 30 days after filler injections.
- Avoid immunizations for 30 days after filler injections.
- Avoid alcohol and heating your core body temp for 24-48 hrs. (intense workouts, sauna, hot tub, etc.)

- If experiencing swelling, sleep with your head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of 2 weeks (or as directed by your provider) before receiving any skincare or laser treatments.
- If you experience any of the following symptoms, contact our office immediately: dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increased warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice the onset of any of these symptoms, call our office immediately at (530)559-8558 to speak with a provider.

If you have any questions regarding your treatment, please call our office at (530)559-8558. Thank you!