GOLDCOAST medspa, LTD.
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## Post-treatment care for Hyaluronic Acid injections

### Pre-treatment:
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E or fish oil supplements for two weeks prior to treatment, unless following the orders of your primary care provider or other healthcare professional. These agents may increase bruising and bleeding at the injection site.
- Notify your treatment provider if there are any changes to medication, supplementation, or your overall health status between appointments.

### Post-treatment:
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E or fish oil supplements for one week after treatment unless following the orders of a healthcare professional. These agents may increase bruising and bleeding at the injection site.
- Cold compresses (a clean cloth dipped in water, wrung out, and applied to the injection area) may be used immediately after treatment to reduce swelling.
- Avoid touching the treated area within six hours following treatment so you do not accidentally injure your skin while the area is numb. After that, the area can be gently washed with soap and water.
- Until there is no redness or swelling, avoid exposure of the treated area to intense heat. Including saunas, sun lamps or sunbathing.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another occurrence. Speak to your physician about medications that may minimize a recurrence.
- If you have any questions regarding your treatment, call our office at (312) 664-2128
- In the event of an emergency call 9-1-1 or go to the nearest emergency room.

I have received a copy of these instructions, they have been reviewed with me, and I have had the opportunity to ask any questions. By signing below, I express my understanding and compliance.


_____          _____
Signature                                                                          Date