



YOUTHFUL YOU

AESTHETICS & ACADEMY®

HYALURONIDASE

Pre-Treatment Guidelines

- **Discontinue Blood Thinners:** Stop taking aspirin, ibuprofen, vitamin E, fish oil, or other blood-thinning medications 3-5 days prior to treatment, unless medically necessary. Consult your healthcare provider before discontinuing any prescribed medications.
- **No Alcohol:** Refrain from consuming alcohol for at least 24 hours before treatment to minimize the risk of bruising.
- **Avoid Smoking:** Stop smoking for at least 24 hours before the procedure to promote better healing.
- **Cold Sore History:** Notify your provider if you have a history of cold sores (herpes simplex virus), as antiviral medication may be necessary to prevent an outbreak.
- **Hydration:** Drink plenty of water before the treatment to keep your skin hydrated and promote optimal healing.
- **Avoid Treatment if Pregnant or Breastfeeding:** Hyaluronidase is not recommended for individuals who are pregnant or breastfeeding. Notify your provider if this applies to you.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

call or text: (587) 855-4558

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