

AesTonic Medical Spa

Treatment Pre & Post Care Instructions



Injectables

Botox, Dysport, Juvederm, Restylane

Pre-Treatment

- ✔ Avoid blood thinners (Aspirin, Ibuprofen, Vitamin E, Fish Oil) for 7 days prior to reduce bruising.
- ✔ Do not drink alcohol 24 hours before your appointment.
- ✔ Arrive with a clean face, free of makeup if possible.
- ✔ Eat a light meal before your appointment to prevent lightheadedness.

Post-Treatment

- ✔ Remain upright for 4 hours after neurotoxin injections.
- ✔ Do not massage or rub the treated area for 24 hours.
- ✔ Avoid strenuous exercise, saunas, and hot tubs for 24 hours.
- ✔ Expect minor swelling or bruising. Arnica gel can help speed up recovery.

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Skin Rejuvenation

Microneedling, Chemical Peels

Pre-Treatment

- ✔ Discontinue Retin-A, Retinols, and harsh acids 3-5 days before treatment.
- ✔ Avoid direct sun exposure and tanning beds for 2 weeks prior.
- ✔ If you have a history of cold sores, start antiviral medication 2 days prior.
- ✔ Do not wax, bleach, or use depilatory creams on the area for 1 week.

Post-Treatment

- ✔ Avoid direct sun exposure. Wear SPF 50+ daily.
- ✔ Use only gentle, non-active cleansers and moisturizers for 3-5 days.
- ✔ Do not pick or peel flaking skin to avoid scarring.
- ✔ Avoid sweating, working out, or makeup for 24 hours post-treatment.

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Medical Weight Loss

Semaglutide, Tirzepatide

Pre-Treatment

- ✔ Complete your comprehensive blood work at least 3 days prior.
- ✔ List all current medications to discuss with your provider.
- ✔ Inform us of any history of thyroid cancer or pancreatitis.

Post-Treatment

- ✔ Inject medication subcutaneously exactly as instructed.
- ✔ Rotate injection sites weekly (abdomen, thigh, arm).
- ✔ Prioritize protein and hydration. Nausea is a common side effect - eat smaller, slower meals.
- ✔ Report any severe abdominal pain immediately.