



QWO - Care Instructions

DO NOT take ASPIRIN (Bufferin, or Baby Aspirin) or IBUPROFEN (Advil, Motrin, or Aleve), or NAPROXEN (Aleve) or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) similar to these medications, for ten (10) days before your treatment. Avoid vitamins or supplements that can increase bleeding, such as Fish oil, Turmeric, Vitamin E, Vitamin D, Ginger, Ginkgo Biloba, etc. Please review all supplements one week prior to your procedure. Certain substances impair platelet function in the normal clotting process and can cause increased bleeding and bruising. If you are required to take any blood thinning medications or supplements on a daily basis, you should consult with your physician for clearance.

DO NOT drink alcoholic beverages (wine, beer, or liquor) for 2 days prior to the procedure, this might cause excessive bleeding and decreased resistance to infection, as alcohol dilates the blood vessels.. Please avoid red wine for 4 days before surgery in order to minimize bruising. This also applies to after the procedure.

Notify the provider of any allergies; identify any allergy or intolerance to Lidocaine, Epinephrine, Sodium Bicarbonate, adhesive bandages, Iodine, or Chlorhexidine.

Notify the provider if any medical conditions change or if there are any medications changes (added or discontinued) prior to your scheduled appointment. As well as ALL prescription and over-the-counter medications, vitamins, minerals, and herbal supplements you are currently taking.

The Provider will discuss measures to keep you comfortable as possible during the procedure. Patients often describe a minimal and brief “bee sting” sensation while numbing the area. Your provider may inquire about your pain tolerance and take extra steps to ensure your level of discomfort is minimized.

TIPS to Minimize Bruising: Avoid strenuous workouts immediately before and 21-48 hours after the procedure. Apply ice post-treatment and for upto 48 hours after. Begin using oral bruise supplements and topical bruise gel as directed. Apply warm compresses and light massage after 48 hours to help increase blood flow to speed fading of bruise discoloration.