

Coolsculpting

Post Treatment:

- » **There is minimal discomfort and recovery time after CoolSculpting.**
- » **Patients are able to return to their daily routine immediately after the procedure.**
- » **Patients have minimal discomfort following the procedure; however, you may experience swelling, itching, tingling, numbness, tenderness to the touch, pain in the treated area, cramping, aching, bruising and/or skin sensitivity.**
- » **You may start to see changes as early as three weeks after the CoolSculpting procedure, and you will experience the most results after one to three months.**
- » **Maintain a healthy diet and exercise routine after your procedure.**

Please call us at (714)572-0040 if your symptoms appear to worsen or last longer than two weeks.



Botox

Post Treatment:

» **Avoid using Aspirin, ibuprofen (Advil), Motrin, Aleve, St. John's Wort, Vitamin E, or Fish oil supplements 10-14 days prior to the procedure. These agents may increase the risk of bleeding and bruising.**

» **Avoid applying pressure or massaging over treated areas several hours after treatment.**

» **Remain upright for 4 hours after treatment.**

» **Avoid vigorous exercise and yoga for 12 hours after treatment.**

» ***Reminder:* Results of your treatment may take up to 14 days to take full effect. However, many will notice results in 5-7 days post treatment.**

Please call us at (714)572-0040 if your symptoms appear to worsen.



Chemical Peel

Post Treatment:

» Wash your face with cool water. Warm or hot water might not feel as good as cool or cold water, which can help soothe post-peel sensations.

» Moisturize and hydrate daily.

» Apply sunscreen with SPF30 or more.

» Avoid dry saunas and steam rooms for 1 week.

» Avoid harsh skin care products until healed.

» Don't exfoliate for 1 week after treatment.



Fillers

Post Treatment:

» **Avoid using Aspirin, ibuprofen (Advil), Motrin, Aleve, St. John's Wort, Vitamin E, or Fish oil supplements 10-14 days prior to the procedure. These agents may increase the risk of bleeding and bruising.**

» **Avoid applying pressure or massaging over treated areas for 1 week after treatment.**

» **Avoid intense heat over treatment areas for 1 week after treatment. If consuming hot liquids such as coffee or soup, use of a straw is recommended.**

» **Avoid vigorous exercise and yoga for 12 hours after treatment.**

» **Avoid Aspirin, ibuprofen (Advil), Motrin, Aleve and alcohol for 6 hours after treatment.**

» **Cool compresses may be used immediately after treatment to reduce swelling.**

Please call us at (714)572-0040 if your symptoms appear to worsen.



Laser Hair Removal

Pre Treatment:

» **Avoid the sun 1-2 weeks before and after treatment.**

» **When treating face, discontinue any harsh topical creams such as Retin A, salicylic/lactic/glycolic acid creams, 3-5 days before and after treatment to avoid skin irritation.**

» **You MUST avoid bleaching, plucking, threading, chemical removal (Nair), or waxing 4-6 weeks prior to treatment.**

» **RECENTLY TANNED SKIN CANNOT BE TREATED.**
Avoid tanning, spray tanning, and spray tan mousse/gels/creams during the course of your treatment.

»**Shave area prior to treatment.**

We kindly ask that if you must change an appointment, please give us at least 48 hours notice.

Please call us at (714)572-0040 if you have any questions.



Laser Hair Removal

Post Treatment:

- » Immediately after treatment, redness and slight irritation (bumps) may be present on treatment area. This is normal and may last up to 2-3 days.
- » If irritation and bumps persist you can apply over the counter Hydrocortisone 1% to affected area 2-3 times daily until it resolves. Aloe Vera can also be applied.
- » Make up and deodorant may be used after the treatment as long as skin is not irritated.
- » Avoid sun exposure to treatment area and use sunblock (SPF 30+) throughout the course of the treatment.
- » No plucking, threading, waxing, Nair or electrolysis in between treatments. Only shave the treatment area.
- » There are no restrictions on bathing, except to treat the skin gently.
- » Return to our office in 4-6 weeks for your next treatment.

Please call us at (714)572-0040 if you have any questions.



Microneedling

Post Treatment:

- » Wash the face thoroughly a few hours after treatment. Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time), and remove all serum and other debris such as dried blood. This will improve the appearance of the skin and also allow for better subsequent absorption of serum. Mineral makeup may be applied the following day.
- » For the first 1-3 days, the skin will be very dry and feel tight. Frequent use of a recommended serum will help alleviate this as well as moisturizers.
- » After 2-3 days, patients can return to regular skin care products or as soon as it is comfortable to do so. Vitamin A products are optimal and suggested.
- » Avoid alcohol-based toner for 10-14 days.
- » Avoid direct sun exposure for at least 10 days if possible.
- » Do not apply chemical sunscreen the same day as treatment. Undesirable chemicals can penetrate if used in large amounts.

Please call us at (714)572-0040 if you have any questions.



PRP Hair Restoration

Post Treatment:

- » **DO NOT touch, press, rub or manipulate the treated area(s) for at least 8 hours after your treatment.**
- » **It is normal to experience bruising, redness, itching, swelling and/or soreness that may last from 2-5 days following your procedure. If you experience any pain or discomfort, you may take Tylenol or other Acetaminophen-containing products as directed.**
- » **We would prefer if you could refrain from applying ice to the injected area as ice acts as an anti-inflammatory.**
- » **Do not wet your hair for at least 3 hours after your treatment.**
 - » **For the first 3 days, use shampoo that is pH balanced.**
 - » **Do not use any hair products for at least 6 hours after your treatment.**
 - » **Avoid saunas, steam rooms, swimming for 2 days after your treatment.**
- » **Avoid vigorous exercise, sun and heat exposure for at least 2 days after your treatment.**
- » **Avoid alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well, problems reoccur earlier, and results may take longer.**
- » **Continue increased water intake the first week after your treatment.**
- » **Please do not hesitate to call our office should you have any questions or concerns regarding your PRP treatment or aftercare.**

(714)572-0040



ZO Hydroquinone Treatment Protocol:

AM:

**Gentle Cleanser
Exfoliating Polish (3x a week)
Complexion Renewal Pads
Daily Power Defense
Pigment Control Creme
Add an SPF**

PM:

**Gentle Cleanser
Complexion Renewal Pads
Pigment Control Creme
Pigment Control + Blending Creme (Mixed
with Tretinoin)**

**Please call us at (714) 572-0040 if you have
any questions.**



Phentermine

Treatment Protocol:

Phentermine should be taken first thing in the morning upon waking. It should be taken on an empty stomach, prior to eating breakfast. Do not crush or chew the tablets.

High Protein – Low Carbohydrate Diet

1. Proteins: AT LEAST 120 GRAMS PER DAY

2. Carbs: 45 GRAMS OR LESS DAILY

3. Forbidden Foods:

NO bread, tortillas, pasta, or rice

NO grains including cereal and oatmeal

NO starchy vegetables including yams, potatoes, carrots, peas, corn and beans

NO sweets including pastries, cookies, cakes and candies of any kind

4. Fluids:

Drink 64 oz. of water per day NO regular soft drinks or fruit juices

Omit/Limit caffeine and alcohol

5. Exercise: 50-60 minutes daily

**Please call us at (714) 572-0040
if you have any questions.**

