

MESOTHERAPY

PRE-PROCEDURE INSTRUCTIONS

- To minimize bruising, you can begin to take 3 to 5 Arnica pellets per day approximately 4 days before treatment.
- Inform your practitioner if you have a history of DIFFICULTY SWALLOWING, medication, allergies, history of anaphylaxis, and any other medical problems.

POST-PROCEDURE INSTRUCTIONS

- Ice packs can be used gently on the areas treated with meso a few times that day.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- Resume all normal activities including exercise as long as it is comfortable for you.
- You can take Extra Strength Tylenol if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel. Bruising can also be covered with makeup.
- Remember to schedule your next appointment in 6-8 weeks. Meso may require 2-4 sessions for optimal results.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

Newtown
MediSpa

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