



SKINVIVE: BEFORE Treatment Instructions

- For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please **avoid** all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as aspirin, Motrin, ibuprofen, and Aleve. Also **avoid** herbal supplements such as garlic, vitamin E, ginkgo biloba, St. John's Wort, and omega-3 capsules. If you have a cardiovascular history, please check with your doctor before stopping use of aspirin.
- **Avoid** consuming alcoholic beverages and caffeinated beverages 24 hours before or after your treatment to help minimize the chances of bruising.
- **2 Weeks BEFORE** - Avoid getting any vaccines. Wait at least 2 weeks after treatment before receiving vaccines too

To ensure your safety, PLEASE RESCHEDULE your appointment if any of the following apply:

- You are currently taking antibiotics, steroids, or any medication that may cause skin sensitivity.
- You have an active infection of any kind—please wait at least two weeks before rescheduling.
- You are pregnant or actively breastfeeding