



Pre and Post Treatment Instructions Hyaluronidase/Hylenex

PRE TREATMENT

- ❖ When booking your Hyaluronidase/Hylenex (Hyaluronidase) appointment, please be aware of the possibility of bruising after the treatment. If bruising occurs, it usually appears 24-48 hours after the injection and can remain visible for up to 7-10 days.
- ❖ To minimize the likelihood of bruising, the use of blood thinning medications and supplements such as Fish Oil, CoQ10, Vitamin E, Turmeric, Aspirin, and St John's Wort, should be discontinued for 2 weeks before and 1 week after your treatment. NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc.) should be discontinued 3 days before and 1 week after your treatment. You should not discontinue any prescribed medications or supplements without first consulting your health care provider. Avoiding alcohol the evening before your Hyaluronidase treatment and for 4 hours after your treatment will also minimize your chances of bruising.
- ❖ Other treatments to the same area treated with Hyaluronidase, should not be performed for at least 2 weeks and until any bruising, swelling, and sensitivity in the area have resolved.

TREATMENT DAY

- ❖ Please come to your appointment with a clean face – remove all makeup, creams and lotions.

POST TREATMENT

- ❖ For the remainder of the day after your treatment, avoid straining, heavy lifting, vigorous exercise, hot tubs, saunas, and anything else that may increase your body temperature. This will help ensure optimal treatment results.
- ❖ Avoid blood thinning medications and supplements (see above) for 1 week post treatment to minimize bruising.
- ❖ Avoid massages, rubbing, and any pressure to the treated area for 1 week.
- ❖ Tenderness and swelling at the injection site after the treatment are common and should resolve within 24-48 hours. Bruising is also common and should resolve within 7-10 days.
- ❖ Keep the treated area clean and do not apply makeup to the area for the rest of the day. Refrain from touching your face or allowing anything unclean to come in contact with your face for the rest of the day.
- ❖ You should anticipate 1-7 days to see results.
- ❖ Please wait 1 week to assess results and contact us if you think an additional treatment may be needed.

If you have any questions or concerns, please contact our office at **727.518.7100**