



ALBERTA

MASSAGE AND SPA

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Prepare

Book

Book your procedure to take place during a time of day when you have already finished all exercise, strenuous activity, facial massage, and exposure to high heat environments (e.g. hot yoga studio, hot tub, sauna etc.)

14 Days Before

Avoid anything that causes skin irritation (e.g. chemical peels, micro-dermabrasion, laser treatments etc.)

7 Days Before

Avoid blood thinning medications like ASA (aspirin), ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (e.g. garlic, ginseng, ginkgo biloba, St. John's Wort, omega-3) and vitamin E

24 Hours Before

Do not drink alcohol

What To Expect

- Small amounts of swelling, temporary bumps, redness, bruising, a mild to moderate headache, and sensations such as tingling or mild itching.
- Changes will appear in around 7-10 days, but the peak effect occurs by day 1
- Results will continue to improve over the next four weeks and wear off after three months (on average)

To Protect Your Results & Reduce Risk of Unwanted Side Effects

1. Book a follow-up exam before you leave the clinic (due in 14 days after treatment)
2. For 90 minutes, do not apply makeup over the injected area (risk of infection)
3. Only touch the injected area with clean hands, clean makeup tools, and clean towels
4. For four hours after treatment, stay upright (sleeping on your face may cause unwanted results)
5. For the rest of the day, avoid wearing tight caps/hats around the injected areas
6. For the rest of the day, avoid pressure on the injected areas. If the area around the eyes was injected, use gentle strokes away from the eyes when cleansing your face
7. For the rest of the day, avoid alcohol, strenuous exercise, exposure to UV radiation, and high heat environments
8. For the next two weeks, avoid facial massages and anything that causes irritation to the skin of the treated areas

Contact Us

- If you develop a side effect, such as dry eye, droopy eyelid, heavy brow, "Spock" eyebrow, or infection
- If you experience any other side effects which you think are important