



Pre & Post Care Instructions Deoxycholic Acid Treatment

Dr. Landa Med Spa is dedicated to providing the best medical aesthetics procedures. Part of providing exceptional care is sharing Pre and Post treatment information.

Pre-Treatment Instructions:

- Discontinue NSAIDS (Aleve, Advil or Ibuprofen/Motrin), aspirin or aspirin containing products (Excedrin, BC/Goody powders), for 10 days prior to your treatment.
- Discontinue St. John's Wort, Vitamin E, Fish Oil and Garlic supplements for 3 days prior to treatment.
- If you are prone to bruising or bleeding, you may take Arnica pills starting 3 days prior to treatment.
- Men may shave the day of your treatment, however, not necessary.

Post-Treatment Instructions:

Your treatment involves multiple injections designed to induce an inflammatory reaction in the area of treatment thus commonly you can expect the following:

- Pain described as mild in 75% of individuals that will peak the evening after the treatment once the numbing medication wears off. Pain is most commonly described as "tender" in 4 hours (on average this can last 7 days). However, some patients may experience complete numbness for 7-14 days.
- Swelling (a hard or heavy feeling, like a "bean bag") is expected, and on average can last 10-14 days.
- Bruising or hematoma at the injection sites can be common and would be expected to resolve as any other bruise you may have had in the past.
- Numbness in the treated area, as mentioned earlier, is common and can take up to 3 days to resolve.
- Approximately 1.9% of those treated to date have experienced some difficulty swallowing, which is attributable to the sensation of fullness in the treated area from the volume of liquid injected and/or swelling/edema. On average this resolved in 3-5 days for most individuals.
- Should you experience asymmetry in your smile notify Dr. Landa Med Spa as this may represent a transient paralysis of the Marginal Mandibular Nerve. In clinical trials, all cases have resolved without additional interventions needed with a median duration of 44 days.
- Additional comfort post treatment can be obtained with ice to the treated area for 20 minutes every 2-3 hours.
- Continued use of Arnica pills for 3-5 days post-treatment can be helpful if bruising is present.
- May restart any supplements stopped prior to treatment after 3 days.
- You can take Tylenol for the pain but do not take NSAIDS (as listed above) for 7 days after the procedure.

Healing times may vary from patient to patient. Please call the office with any concerns post-treatment and we will be happy to assist you.

Patient Signature: _____

Date: _____