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P-FIX

PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

As with most dermal fillers, to minimize the chance of bleeding or bruising at the injection site, please note the items on this list and discontinue at least **3-7 days** before your appointment for injections: Aspirin/Baby Aspirin, Ibuprofen (Motrin, Advil, Aleve), St. John's Wort, Omega-3 fatty acids (Fish Oil), Vitamin E, Ginger, Ginkgo Biloba, Ginseng.

PLEASE NOTE: If you have been prescribed Aspirin or any other prescription blood thinners, do not discontinue unless permitted by your prescribing physician.

If you have had herpes and/or cold sores in the past, please receive antiviral treatment prior to the procedure.

Do not drink alcoholic beverages **24 hours** before or after your treatment to avoid extra bruising.

POST-TREATMENT INSTRUCTIONS

Erections may last up to **3-4 hours** after the procedure.

Daily activities and work can resume **immediately** after treatment with no downtime.

Avoid the gym and heavy exercise for at least **1 week** following treatment.

Sexual intercourse may be resumed after **1-2 weeks**.

Expect swelling for **2 weeks** following treatment.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.