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## RENUVA PRE- AND POST-CARE GUIDE

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### PRE-TREATMENT INSTRUCTIONS

Do not drink alcoholic beverages **24 hours** before (or after) your treatment.

You may take Arnica tablets **2-3 days** prior to your injection to reduce the risk of bruising.  
Arnica is available for sale at all BeautyFix clinics.

Do not apply products that are potentially irritating for **2 -3 days** before and after treatment (e.g., Tretinoin/Retin-A, Glycolic Acid, Benzoyl Peroxide, Hydroquinone, etc.)

Inform your BeautyFix provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.

To reduce the risk of bruising, 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.*

### POST-TREATMENT INSTRUCTIONS

Avoid strenuous activity/exercise for at least **24 hours** after treatment.

Apply a cool compress to the treated area up to **48 hours** after treatment.

Massage the treated area for **5 minutes, twice a day** for up to **4 weeks** post-treatment, unless otherwise instructed by your BeautyFix provider.

Since your body will begin producing its own fat in response to the injections, expect to see results in approximately **3 months**.

**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](mailto:customercare@beautyfixmedspa.com) with your concerns.**