

## **SWR Subcision Pre & Post Care**

### **Pre-Care**

- Avoid Vitamin E, fish oils, pill form of Garlic/Ginger/Green Tea/Tumeric, St. John's Wort, Black and Blue Cohash, and Ginkgo Biloba for one week prior to treatment.
- Avoid NSAIDs (Abbreviation on a medication that can cause more bruising). Medications like Aspirin, Advil, Aleve, Exedrin Migraine, Ibuprofen, Naproxen 2 weeks before treatment. (Please consult with your physician first if you are on NSAID therapy).
- Avoid anti-histamine and inflammatory drugs one week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- If using Accutane discuss with your clinician prior to treatment.
- Please notify our office if you have ever been diagnosed with Herpes Simplex Virus (HSV), shingles, and/or coldsores. You may require prophylactic therapy.

### **What to expect after your treatment:**

- Immediate injection site bleeding may occur, which will resolve within 10 minutes.
- Mild to Moderate redness and swelling will occur for 1-2 days. If you already have preexisting discoloration (especially red) the red may turn purple.
- Minor healing and scabbing will occur after a few days. Don't pick at the loose skin.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection. 503.964.5334.

### **Post-Care**

- The initial 72 hours post-procedure are the most critical.
- Avoid direct sun and heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc.
- Discontinue use of any Alpha-Hydroxy products. You may resume your homecare regimen when skin is healed.
- Use hydrating and reparative products. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A C, and growth factors work very well.
- Use physical sunscreen. Sun care products should be applied no less than every 30-90 minutes. DO NOT go outside without sun protection (even on a cloudy day).
- No scratching or peeling.
- Limit aggressive exercise the first week.
- Drink plenty of water.