



Mesotherapy Post-Treatment Instructions

- You may return to work if you desire.
- Avoid hot baths or showers for at least 48 hours.
- Drink at least 80 ounces of water the day of your treatment.
- No hot tubs or saunas for at least two weeks after your treatment.
- No vigorous exercise for 48 hours.
- Continue to use your Arnica cream 3 times a day for the next 2-3 days.
- Do not use any other creams or lotions on the treated areas for 48 hours.
- Remember, bruising may last for 10 days or more after treatment. Avoiding the drugs and herbals mentioned in the Pre-Mesotherapy Instructions helps reduce bruising.
- Avoid even casual sunbathing for 48 hours. After that, use our SPF 35+ sunblock whenever treated areas are exposed to any sunlight for two weeks after the procedure. Do not sunbathe intensely or use tanning beds during these two weeks.