



Mesotherapy Pre-Treatment Instructions

- **Follow Mesotherapy Dietary Support Guidelines**
- **Avoid Supplements or Medications that can increase bruising or bleeding prior to each treatment:**
 - **Willow Bark, High Dose Vitamin E, Policosanol, Ginkgo Biloba**
 - **Aspirin and anti-inflammatory drugs such as Motrin, Advil, or Aleve**
 - **If you take any prescription stimulants, do not take them on the day of treatment.**
- **On the morning of your treatment:**
 - **Wash the area to be treated vigorously with antibacterial soap.**
 - **Do not use any lotions, creams, bath oils, or sprays on the areas to be treated – EXCEPT:**
 - **Apply your Arnica cream 2+ hours before treatment.**