

lachele

AESTHETICS & WELLNESS

EndoLift Pre Treatment Instructions

PRE TREATMENT EXPECTATIONS

- Photographs will be taken, the area will be cleansed, and lidocaine will be injected, which may cause brief stinging for a few seconds. Please alert your provider before your treatment if you have a lidocaine allergy.
- The treatment will take from 40 mins to 2 hours depending on the areas treated. You may feel warmth, tugging and an occasional zap during treatment. However, most patients tolerate it with no minimal discomfort.

PRE TREATMENT CONSIDERATIONS

- **If you are prone to cold sores** (*Herpes Simplex A*), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- If you have active conditions in the treatment area (*sores, psoriasis, eczema, rash, or very recent sunburn/tan*). Please wait until the skin has fully healed, and alert our office with a 24-hour notice to avoid our cancellation fee.

3 DAYS BEFORE TREATMENT

- **Hydrated patients get the best results!** Drink at least 8 glasses of water per day.
- **Avoid taking anticoagulants** (*blood thinners*) for 3 days prior to treatment, if medical condition allows. Avoid herbal teas and supplements such as **fish oil, vitamin E, and multivitamins**. Also **avoid the use of NSAIDs such as Motrin, Advil, Aleve and Ibuprofen**.
- **Avoid excessive sun exposure.**

THE DAY OF TREATMENT

- Please arrive to treatment with a **clean face, free of makeup and products**. Also, have your hair tied back if possible and **remove all jewelry or piercings**.
- The treatment area must be easily exposed. Treatment substances may get on your clothing. We will provide a strapless wrap to change into if you would like.
- Arrive 15 minutes prior to your scheduled session for photographs of the area(s) to be treated.