



all about aesthetics, pc
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Pre-Treatment Care for Meso-LipoTherapy

Avoid restrictive clothing; WEAR LOOSE CLOTHING, instead!

Purchase and begin using Arnica Montana three days to one week prior to your treatment (see Arnica instruction sheet below), as well as Vitamin C (1500 mg/day). We have small jars of Arnica available for purchase at the front desk. Arnica Montana can also be purchased in larger amounts from GNC.

Eat a light meal prior to procedure.

Review all the post treatment notes thoroughly! Pay close attention to the list of blood thinners, and discontinue use one week prior to treatment

Instructions for Arnica Montana 30X By VitaMedica

Dosage: 3 pills at a time/ 3 times per day =9 pills per day.
Do not swallow pills!! Allow pills to dissolve in under tongue.

Begin taking pills 2 full days prior to treatment. (Ex: if procedure on Wednesday, take first dose Monday morning, all the way up to the morning of procedure. If procedure on Thursday, take first dose Tuesday morning).

To ensure proper absorption, do not eat or drink anything but water or brush teeth 15 before and 15 minutes after taking product. Do not handle tablets. Instead, drop tablets into bottle cap and place tablets under tongue, letting them dissolve naturally.

If you have forgotten to take pills, or only beginning to take pills on morning of procedure, dosage should be 3 pills/ 6 times per day = 18 pills per day.

Continue taking product until bruising or swelling subsides (7-14 days).