

Biostimulator post treatment instructions:

1. Swelling, redness, firmness, and tenderness may be present for a few weeks.
2. You may consider sleeping with your head slightly elevated to reduce the swelling.
3. Massage the areas treated **5** times a day, for **5** minutes for the next **5** days. You can use face moisturizer or arnica gel to alleviate any friction when massaging.
4. Wait 24 hours to apply cosmetics, moisturizer or any lotions to the treated area.
5. Avoid excessive direct sunlight, saunas or extreme cold weather for 48 hours.
6. Avoid heavy aerobic exercises for 48 hours. Walks are fine.
7. The carrier solution will be absorbed in the next 48 hours. You will begin to see results after the second treatment and ideal results after completing the full series.
8. For best results, avoid Ibuprofen (Motrin or Advil) or acetaminophen (Tylenol) and ice. Benadryl may be used for itching.
9. Arnica products (ie Arnicare) may be used for bruising. This can be purchased at most grocery/pharmacy stores. There is both an oral and topical ointment.
10. Notify us immediately if there is any fever, severe swelling, itching, redness, increasing discomfort, discoloration of the skin (rusty colored or areas of white) or discharge from the treated area.

Text **214-494-9049** or call the office at **214-220-2712** with additional questions.

If urgent, and after hours call: 214-702-0707 and ask to be connected to the on-call physician.