



Mesotherapy Pre/Post Care

Pre-Care Tips To Follow For Your Appointment:

Follow this guideline BEFORE each treatment

- Avoid smoking, substance use, drinking alcohol and caffeine at least 3 days before your treatment (this includes the treatment day as well).
- If the treatment area includes hair and/or body, remember to bathe either the night before or (ideally) the morning of your treatment.
- Ensure you have a full meal before your treatment. Proper nourishment allows for a better experience.
- Drink at least sixteen ounces of water before treatment is performed..

Post-Care Instructions:

Follow this guideline AFTER each treatment

SHAMPOOING

You may shampoo your hair the following morning after your treatment with any shampoo you wish.

HAIR COLORING

You may color your hair three days after the treatment.

HATS/WIGS/HEADSCARVES

Wearing hats/wigs/headscarves are allowed. In fact, please limit sun exposure to the area for 2 days.

SUPPLEMENTS

Do not use blood thinning agents such as vitamin E, vitamin A, Ginkgo, Garlic, Flax, Cod Liver Oil, and Essential Fatty Acids at least one week after your treatment.

ALCOHOL & CAFFEINE



Avoid alcohol and caffeine for the next three days after treatment. It is recommended to resume alcohol consumption 3 days after each treatment at minimum. This is due to alcohol affecting stem cell quantity and compromising the body's ability to heal. Caffeine should also be avoided.

SMOKING

Avoid smoking for three days as smoking affects the body's ability to heal.

MEDICATIONS

Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti-inflammatory medications for 3 days after your procedure (if possible 7 days).

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

**399 Four Valley Drive, Unit #13
Concord, ON, Canada L4K 5Y7
(905) 660-3030**