ABBEY AESTHETICS

860-242-0497

PRE & POST TREATMENT INSTRUCTIONS FOR HYPERHIDROSIS & PRECISION TX

Pretreatment

- Blood tests are required prior to treatment. Have blood tests at least two weeks prior to the procedure.
- If medication is prescribed, please fill the prescription and take the medication as indicated.
- Arrange for transportation to and from the office. You should not drive yourself after the procedure.
- If you take a blood thinner (baby aspirin, Coumadin, Plavix, etc.) please let us know as this affects your care and postsurgical treatment.
- No aspirin, ibuprofen, or alcohol one week prior to the procedure. Also, discontinue all multivitamins, St. John's Wort, and Vitamin E.
- Drink 1-2 quarts of water daily for one week prior to the procedure.
- Please bathe the day of the procedure.
- Do not apply any creams or make-up the day of procedure.
- If treating underarms area, shave prior to the treatment.
- Please wear comfortable clothes. If you are normally cold, you may want to wear warm clothes as our offices are often chilly. A button-down shirt may be easier for you to remove once you get home.
- Prior to your procedure, you may want to have a light meal.

Post treatment

- Bed rest is helpful after the procedure.
- If medication is prescribed, take the medication as indicated.
- There should be minimal discomfort. Discomfort may be relieved by ice packs or acetaminophen.
- There may be drainage from your incisions. This is normal and may last several days. You may place gauze sponges inside your compression garment to absorb any drainage.
- If a compression garment is recommended, keep absorbent dressing or garment on for 24 hours, and then remove. Continue wearing the garment for _____ per physician orders.
- Do not engage in vigorous exercise or sports for at least 2 weeks or until approved by your physician.
- Do not use deodorant or powder on the treated area for 5-7 days.
- Do not shave in the treated area for 5-7 days or until tenderness is gone.
- Apply antibiotic ointment or scar guard treatment to the incision twice daily using a cotton swab.