



Dream Aesthetic by Dr. Ortiz

Pre-Care Instructions – Kybella

Thank you for choosing Dream Aesthetic for your Sculptra® treatment! To ensure your safety, comfort, and the best possible results, please carefully follow these pre-care instructions:

Before Your Treatment

✓ Avoid Blood Thinners:

- Stop taking aspirin, ibuprofen (Advil, Motrin), naproxen, fish oil, vitamin E, and other supplements or medications that thin the blood for **5-7 days before** treatment (only if medically safe—check with your doctor).
- This reduces the risk of bruising and swelling.

✓ No Alcohol:

- Avoid alcohol for **24-48 hours before** your appointment to minimize bruising.

✓ Pause Harsh Skincare:

- Discontinue the use of **retinoids, acids (glycolic, salicylic), exfoliants, and harsh skincare products** for **5 days prior** to avoid skin sensitivity.

✓ No Tanning or Sunburn:

- Avoid sun exposure, tanning beds, or any skin irritation in the treatment area for **at least 1 week prior** to your session.

✓ Cold Sores & Infections:

- If you have a history of cold sores, skin infections, or any breakouts in the treatment area, please notify us beforehand.

✓ Stay Hydrated:

- Drink plenty of water before and after your treatment to help your body heal efficiently.

Day of Your Treatment

✓ Arrive with a Clean Face:

- Please come with **no makeup, creams, sunscreen, or products** on the chin and neck area.

✓ Eat a Light Meal:

- A small meal before your appointment will help prevent lightheadedness.

✔ **Dress Comfortably:**

- Wear loose, comfortable clothing with an open neckline to avoid pressure on the treated area.

What to Expect:

- **Swelling, bruising, tenderness, and numbness** are **normal** and may last several days to a few weeks.
- Visible results typically appear over **4–6 weeks**, and most patients need **2–4 sessions** for optimal results.

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