

keep glowing

med spa

General Instructions

- We understand if you are anxious or nervous about your procedure, this is common. Feel free to talk to the healthcare practitioner who will perform your procedure on the day of your procedure or you may reach us at any time through the client portal prior to your appointment.
- Please arrive 15 minutes prior to your appointment.
- Please review and complete intake and consent forms through our online portal prior to your appointment, we will be reviewing these before and during your appointment.
- Be prepared to review any changes in your medical history or current medications.
- Avoid Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 24 hours prior to your treatment as they may promote the risk of bruising and bleeding in the injection area if possible and not medically contraindicated.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- If you are scheduled for any facial treatments, (neurotoxin, dermal filler, microneedling) please arrive with a "clean face" and do not wear makeup. We will provide makeup wipes if you are unable to cleanse before arrival.
- For dermal fillers (lips, cheeks, facial lines/wrinkles):
 - If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment.
 - If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- For Evolve body sculpting appointments:
 - Please wear loose fitting clothes, or bring clothes you can change into, so we can easily access the treatment area(s) and treatment pads can easily be applied.
 - All jewelry will have to be removed, please make arrangements to keep these items safe, Keep Glowing Medical Spa is not liable for any lost or miss placed personal items.
 - Long and dense hairs can affect the treatment, we ask that trim or shave these hairs (24-48 hours prior to the treatment), if possible, prior to your appointment.
 - You will receive specialized information based upon the treatment you are scheduled for.
- For Optimus treatments (Hair removal, skin tightening, scar treatment, etc.).
 - Please wear clothing that will allow us to easily access the treatment area, you may bring clothes to change into if needed.
 - All jewelry will have to be removed, please make arrangements to keep these items safe, Keep Glowing Medical Spa is not liable for any lost or miss placed personal items.
 - You will receive specialized information based upon the treatment you are scheduled for.