



HEARTLAND AESTHETICA
CURATED BEAUTY

10111 E. 21st St. Suite 305
Wichita, KS 67206
316-777-6393

Pre-O-Shot

- **Hydrate, Hydrate, Hydrate 48 hours prior to treatment, this helps with the blood draw**
- Inform provider if have a history of herpes, we can prescribe an anti-viral prior to treatment
- ***Avoid anti-inflammatory and blood thinning medications*** 1 week prior if possible. Anti-inflammatory medications include Motrin, Ibuprofen and Aleve. Blood thinning medications prescribed by a physician should **NOT** be stopped unless you discuss with your physician. Over the counter medications include ***Aspirin, Fish oil, Ginko, St. John's wart, Garlic, Vitamin E and Omega's***
- Inform provider if you have an auto-immune disease, connective tissue disease, history of PIH (Post inflammatory Hyperpigmentation) or if you have any metal plates, rods, or screws near the areas to be treated
- You are not a candidate if you are pregnant, breastfeeding, or have active infection within areas to be treated
- You may return to work and normal activities the day of treatment

Day of Treatment:

Wear comfortable clothes for treatment, nothing tight