



Pre-Advise Mesotherapy & Profhilo

- Do prep your skin. Prior to treatment, make sure to look after your skin and keep it in the best condition. Attend your appointment make-up free!
- Do eat pineapple, as studies suggest the bromelain naturally found in pineapple can inhibit clot formation and therefore prevent bruising.
- Avoid alcohol for 48 hours pre-treatment.
- For a week before the procedure, if possible, avoid blood thinners such as aspirin, Ibuprofen and Vitamin E, as well as certain food supplements such as fish oil, liquorice, garlic, ginger, ginkgo and green tea.
- Avoid strenuous exercise the day of treatment, as this increases the heart rate and speeds up blood flow, meaning it increases your risk of bruising.
- Avoid professional chemical peels close to the procedure site for 4 weeks prior to your treatment

