

THE GROVE SPA

& BOUTIQUE

Liquid Lipo Pre-Treatment

Please review and follow our pre-treatment care plan. Failure to do so could result in cancellation of your treatment and forfeiture of your deposit. This service can not be performed on anyone who is pregnant or nursing.

Pre-Treatment: 3-5 Days Before

- It is recommended to discontinue the use of Aspirin, NSAIDS, Gingko Biloba, Garlic, Ginseng, St. John's Wort, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week before treatment to minimize bruising or bleeding.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. All of these factors may increase risk of bruising and swelling.
- Starting Arnica supplements at least 2 days prior to injections may help with bruising.
- Let your provider know if you have a history of cold sores. An antiviral may be prescribed.
- You may not have an active rash in the area being treated.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

