



Instructions for Preparation for BioRegenerative Aesthetics Therapy

Before Your BioRegeneration Session:

- Do not take aspirin or Vitamin E 3-5 days before your session
- Take 500mg of Vitamin C and 1000mg of mixed Citrus Bioflavanoids daily for two to three weeks prior to your sessions (available at HGTC or can be purchased OTC)
- Wear loose-fitting clothing to received concurrent body acupuncture points to achieve better results.
- Smoking is highly discouraged as it prevents the achievement of good results
- Please remove all makeup prior to appointment. You are welcome to come early for your appointment and do this at the office.

After Your BioRegeneration Session:

- Do not heat your body, expose yourself to sun, heat lamps, tanning beds, hot outdoor temperatures or a sauna for at least three hours after your BioRegeneration session
- Do not apply heat such as hot towels or heating pads to injection sites
- Do not exercise for at least one hour after your sessions
- Wait at least three days after your session to have a facial
- Wait at least three days after your session to have a massage if you received body acupuncture during your BioRegeneration session
- If you are sore, apply Arnica or Traumeel gel as directed. These products are available at HGTC. Use a light touch. Do not massage area for three days.
- If there is swelling and the skin is hot to touch, apply ice for 5 but not longer than 10 minutes directly to the affected area. After 20 minutes rest, you can reapply ice for 5 to 10 more minutes

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