

JUNERA

Pre-Treatment Patient Instructions

Please arrive **15 minutes before** your scheduled appointment to complete any necessary paperwork.

1. Anti-Inflammatory Medications & Supplements (NSAIDs)

To optimize your regenerative results, avoid all anti-inflammatory medications and supplements for **at least 7 days before** and **7 days after** your procedure.

Do not stop any prescribed medication without first consulting the prescribing clinician. Abruptly stopping certain medications can be dangerous.

Common examples (not a complete list):

- **NSAIDs**
 - Ibuprofen
 - Aspirin
 - Naproxen
 - Diclofenac
 - Meloxicam
 - Celebrex
 - Enbrel
 - Humira
- **Supplements**
 - Turmeric
 - THC / CBD
 - Omega-3 / fish oil
 - Ginger
 - Willow bark
 - Green tea / green tea extract
 - Resveratrol
 - Most mushroom supplements
 - Kachava and many functional protein shakes

Why this matters

This is a **regenerative treatment**. Controlled tissue injury triggers a purposeful inflammatory and regenerative cascade (platelets, growth factors, cytokines, stem cells). Suppressing inflammation can significantly reduce regenerative benefit and compromise your outcome.

2. Antihistamines

Antihistamines can **delay wound healing** and should be avoided for several days **before and after** treatment, unless otherwise directed by your provider.

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Common examples:

- Benadryl
- Zyrtec
- Xyzal
- Allegra
- Claritin
- Many sleep aids (e.g., ZzzQuil, Tylenol PM, etc.)

3. Blood Thinners & Bleeding Risk

Avoid the following for **at least 2 days before** your procedure and **1 day after** to help minimize bruising:

- Alcohol
- Caffeine (coffee, tea, energy drinks)
- Omega-3
- Vitamin E
- Cranberry supplements
- Other known blood-thinning supplements as advised by your provider

4. Clothing, Makeup, Jewelry, Lashes

Clothing

- Wear **comfortable, front-opening clothing** (button or zip-front tops preferred).

Makeup & Accessories

- No makeup on the treatment area.
- No jewelry on the **head or neck**.

Eyelash Extensions

- Remove eyelash extensions if the **eye area** will be treated. They can:
 - Block proper access to treatment areas
 - Pose safety risks
 - Increase risk of post-procedure contact dermatitis

5. Photographic Documentation

Clear, well-lit photos are required for medical documentation and tracking your progress.

Timing of photos:

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- **Baseline:** Pre-procedure
- **Daily:** During the healing phase, as directed
- **Follow-up:** 2-week check
- **Long-term:** 90-day post-procedure images

Please send photos to your provider as instructed. Consistent imaging allows early detection and correction of any concerns.

6. Food Before Arrival

- Eat a **light meal or snack** before your appointment.
- This helps reduce the risk of nausea associated with nitrous oxide (“laughing gas”), if used.

7. Optional Medication for Comfort

Oral medication for anxiety and/or pain is available **by request several days in advance** of your procedure.

Important:

- The only notably uncomfortable portion is the **injectable local anesthetic**, which can sting intensely for approximately **45 minutes total** while being administered.
- Once numb, the procedure itself is typically painless, and most patients report **little to no pain afterward**.

Medication options (if requested in advance):

- **Lorazepam**
 - Commonly recommended for anxiety and to improve comfort during injections.
- **Tramadol**
 - Available for post-procedure pain management if requested **10 days in advance**.

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If you take any oral prescription medication for the procedure, a driver is required. Most patients decline medication and are able to drive themselves without issue.

Thank you for following these instructions carefully—**strict adherence significantly improves your safety and your clinical results.**

– Junera Provider Team