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MUSCLE  
SLIMMING  
INJECTIONS

# How to prepare

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THE  
STEPS

# What to do

You must ensure you prepare for your muscle slimming injections. Good preparation allows your appointment to run smoothly, gives your clinician more time to perform your treatment, and reduces the chance of side effects.

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## ALCOHOL

Alcohol increases the chance of bruising, so please avoid it within 24 hours of your appointment.

## SMOKING

Smoking delays healing, so avoid it within 24 hours of your appointment.

## EXERCISE

Avoid strenuous exercise for 6 hours before your treatment, as it can worsen swelling.

## MEDICATIONS & SUPPLEMENTS

Do not stop anything you take for diagnosed medical conditions. If safe, avoid general health supplements and anti-inflammatories for the week before your treatment, as they may worsen bruising.

## MAKEUP

Please remove your makeup before you arrive. Removing it after you arrive wastes your appointment time. We cannot assess you with makeup on, and injecting through it increases the risk of infection.

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GET IN  
TOUCH

Have any  
questions?

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