

# How to prepare



## BE ON TIME

If you are late or haven't completed your preappointment requirements, there may not be time for treatment.

Please arrive 15 minutes before your appointment start time, and plan your journey accordingly.

#### PARKING

St. Leonards: Ticketed street parking. 2-hour free parking in Mall 88.

Toorak: Street parking. Carters Avenue council car park. Jackson street car park.

### PATIENT FORM

Complete your patient form before arriving by following the link in your confirmation email.

### **PAYMENT**

Please ensure you check your payment limit with your bank. This can usually be done in their app or online. Payment is required prior to commencing your treatment.

### **UNWELL?**

Please do not attend your appointment if you are sick.

Do not bring unwell people (including children) to your appointment.

We will make an exception to our 48-hour cancellation policy if you provide us with a valid medical certificate.

### F00D

We do not allow the consumption of food on our premises.

### CHILDREN & PETS

We do not allow children or animals (excluding approved assistance animals) in our clinic.

If you do not adhere to this policy your appointment will be rescheduled and a cancellation fee applied.

Real people, real results Confidence looks good

Contact us



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### ALCOHOL

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

## SMOKING

Smoking & vaping delay healing, so avoid it within 24 hours of your appointment.

### **EXERCISE**

Avoid strenuous exercise within 6 hours of your appointment, 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 increase bruising.

### HYGIENE

Shower and carefully clean your penis and pubic area using anti-bacterial body wash on the day of your appointment, before arriving. You can purchase this at your local pharmacy.

#### HAIR

Closely trim or shave your pubic hair the day before your appointment.