

## Keeping you safe for certain treatments

### **You will need to delay some treatments if you are suffering from any of the following:**

- if you're not feeling well or feel like you are coming down with something
- if you are suffering from any symptoms such a cough, a cold, runny nose or have a fever
- if you have a flare up of an auto-immune condition such a thyroid disease, rheumatoid, lupus, inflammatory bowel disease, etc
- if you are suffering with allergies such a itchy eyes, hay fever, a runny nose, etc
- if you have a dental issue including needing a filling, have a painful tooth or are undergoing dental surgery such as an implant, root canals or gum surgery.
- if you are having surgery, a colonoscopy, a biopsy or some other invasive medical procedure

### **Why are these scenarios an issue?**

When your immune system is triggered by an illness or your body is under stress, the immune system can occasionally recognise the injectable material as 'foreign'. Therefore, the risks of complications including infections, prolonged swelling, tenderness or unpredictable lumpiness of the injected product increases significantly.

If any of the above scenarios apply, please let us know and rearrange things to try and avoid these risks. Reception will then try to reschedule you

The same advice goes for dental or any other invasive procedure like surgery - include fillings, crowns, implants, any invasive treatments, local or general anaesthesia. Please complete these appointments prior with at least a 2-week gap and ensuring that you are well and fully healed. This is to avoid the possibility of bacteria entering the bloodstream, 'seeding' the injecting sites and risking a chronic infection or other rare complication.

### **Bruising, swelling and downtime:**

It's worth emphasising that bruises and swelling cannot be avoided by any injector. Injectable treatments involve needles and injections into the soft tissues and so they always result in some degree of downtime.

If you have an important social event, work meeting, wedding or just simply aren't comfortable with people knowing that you've had injectables, it's strongly recommended that you plan your treatments whilst taking the expected downtime into account. This is especially true if you are new to these treatments and have no idea what to expect.

To try and reduce your risk of bruising, RN Millie recommends avoiding the following at least five days before you undergo injectables:

- alcohol
- aspirin
- anti-inflammatory medicines (Nurofen, ibuprofen, etc)
- fish or krill oils
- garlic/ginger supplements

**Injectables & pregnancy:**

If you're female and any of the following situations apply to you, you will not be able to have an injectable treatment:

- you're actively trying for a baby (or not using contraception and could fall pregnant)
- you're pregnant
- you're preparing for or undergoing IVF
- you're breastfeeding

We simply don't know the effect of injectable medicines in these circumstances as there have been no large-scale studies to assess the safety of these. Please do not book a consultation if you are in one of these scenarios as you will not be treated and you will forfeit your consultation fee if you must cancel on the day.