

## INJECTABLE TESTOSTERONE POST-CARE INSTRUCTIONS

### CHEMICAL PEEL POST INSTRUCTIONS

1. Skin may be tight and more red than usual.
2. Skin may feel tacky and have a yellow to orange tinge to it. This is temporary and will fade in a few hours.
3. Patient should wait until bedtime before washing the face with a gentle cleanser. Use only tepid or cool water to gently cleanse the face. Avoid use of wash clothes, exfoliating devices, scrubbers, or sponges throughout the peel.
4. Avoid use of topical products containing AHAs, Retinols, Vitamin A, or any type of exfoliant until the peeling process is complete.
5. Strictly avoid direct sun exposure for at least one week. Apply mineral based SPF in the AM and throughout the day.
6. Avoid hot water, hot tubs, saunas, steam rooms, strenuous exercise, or excessive perspiration beginning the day of the peel and throughout the entire peel.
7. 24 hours after the peel, and until peeling is complete:
  - a. Skin may be tight until it starts to peel.
  - b. Peeling will generally begin 48 – 72 hours after the peel has been administered, and last for 2 – 5 days after the skin has started peeling.
  - c. DO NOT PICK OR PULL THE SKIN. Allow the skin to peel at its own pace. (Premature peeling of the skin may develop into post-inflammatory hyperpigmentation.)
8. Some patients may experience extreme dryness after treatment. Continue use of post care products provided and/or recommended by your provider.
9. Patients should wait until the peeling process has completed before having any other facial procedures, including: facials, microdermabrasion, laser treatments, hair removal, and cosmetic injections.
10. **Variations in amount of peeling:** The degree of peeling may vary depending on the individual's skin type and skin condition at the time of the peel. The success of the peel should not be determined by the amount of peeling, but by the end results that the peel will produce. Reasons why some patients experience decreased visible peeling:
  - Receiving any peel, or this specific peel, for the first time.
  - Severe sun damage (increased visible peeling should develop with subsequent peels).
  - Having peels regularly with a short interval between peels.
  - Frequent users of Retin-A®, alpha-hydroxy acids (AHA) or other peeling agents prior to the peel treatment.
  - Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate, which will result in the improvement of skin.

**Please notify The Alchemy Clinic at the office 603-206-5804 or text 978-666-9488 if you are experiencing concerns related to your procedure.**

## INJECTABLE TESTOSTERONE POST-CARE

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Post-care instructions for those receiving injectable testosterone are important to ensure the treatment is effective and to minimize potential side effects. Here are the recommended steps:

#### 1. Site Care

- **Cleanliness:** Keep the injection site clean and dry. Cleanse the area with soap and water first as well as using an alcohol wipe prior to injection.
- **Avoid Touching:** Do not touch the injection site with unclean hands or objects to prevent infection.
- **Monitor for Reactions:** Watch for signs of redness, swelling, or tenderness at the injection site. Some mild discomfort is normal, but if it persists or worsens, contact your healthcare provider.

#### 2. Pain Management

- **Over-the-Counter Pain Relief:** If you experience soreness, over-the-counter pain relievers like ibuprofen or acetaminophen can be used as directed.
- **Ice Pack:** Applying a cold compress or ice pack to the injection site for 10-15 minutes can help reduce swelling and discomfort.
- **Heat Application:** After 24 hours, applying a warm compress may help with any lingering soreness.

#### 3. Activity Restrictions

- **Avoid Strenuous Activity:** Avoid strenuous activities that involve the injected muscle for 24 hours after the injection.
- **No Heavy Lifting:** Refrain from heavy lifting or vigorous exercise immediately after the injection to minimize discomfort.

#### 4. Injection Schedule

- **Follow Schedule:** It's essential to adhere to the prescribed injection schedule for optimal results. Skipping doses or doubling up can affect your hormone levels and treatment efficacy.
- **Record Keeping:** Keep a log of your injections, noting the date, time, and site used. This helps in rotating sites and ensuring consistent dosing.

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#### 5. Possible Side Effects

- **Monitor for Symptoms:** Be aware of potential side effects such as mood changes, increased acne, changes in libido, or fluid retention. Report any concerning symptoms to your healthcare provider.
- **Injection Site Reactions:** If you notice severe pain, hard lumps, or signs of infection (e.g., warmth, significant redness, pus), seek medical advice promptly.

#### 6. Follow-Up Care

- **Regular Check-Ups:** Attend all scheduled follow-up appointments with your healthcare provider to monitor hormone levels and adjust the dosage if necessary.
- **Blood Work:** Regular blood tests may be needed to monitor your testosterone levels and overall health. Ensure these are done as directed.

#### 7. Storage and Handling

- **Proper Storage:** Store your testosterone medication as directed, typically in a cool, dry place. Avoid exposure to extreme temperatures.
- **Safe Handling:** Always use a new, sterile syringe and needle for each injection. Dispose of needles in a sharps container as per local regulations.

#### 8. Emergency Situations

- **Seek Immediate Help:** If you experience symptoms like chest pain, difficulty breathing, severe dizziness, or signs of an allergic reaction (e.g., rash, itching, swelling), seek medical attention immediately.

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