



Welcome to Elevare MD

Thank you for choosing Elevare MD for your plastic surgery and skin care needs. At Elevare MD we pride ourselves on offering the most advanced technology with experienced providers in a boutique environment. Led by Board-Certified Plastic Surgeon Dr. Michael DeWolfe, we are dedicated to providing our clients a comprehensive treatment plan for the most effective and youthful results. With your beauty in mind, we look forward to treating you soon.

We have created a guide for your convenience. Our goal is to ensure that each service here at Elevare MD is enjoyable and fully customized. Please reference this guide before your scheduled service to ensure you are prepared and arrive with ample time to take advantage of our aesthetic practice.

Our primary focus is to deliver expert care with exemplary customer service. Please know that our prices include **ALL** gratuities. If you feel that we have exceeded your expectations we invite you to leave us a review on Yelp, like us on Facebook, and follow us on Instagram.

If there is ever anything, we can do to make your time with us more enjoyable, please let our staff know.

Please note that we request 24 hours' notice for cancellation or rescheduling of an appointment. Thank you for your thoughtfulness.



Neurotoxins (Botox, Xeomin, Dysport) and Facial Fillers

At Elevare MD we are proud to offer the most advanced products and techniques available in the hands of expert injectors. Having treated thousands of patients, our emphasis is on the restoration of youthful proportions in an artistic manner while providing the safety our patients deserve.

Day of Injections:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any injections.
- If preferred, pre-injection topical anesthetic gel or ice can be requested.
- The site of injection will be cleaned which may remove makeup. Makeup may be reapplied as desired following the injections.

Bruising:

- Please discontinue taking Aspirin, unless directed by a physician, 5 days prior to your appointment. We also recommend discontinuing anti-inflammatories such as Ibuprofen and any herbal remedies to limit bleeding risk.
- Injections around the eyelids (tear trough) tend to be the most unforgiving. We recommend a window of at least 5 days prior to an event when requesting this injection site.
- Small pinpoint bruising may occur from needle insertions and is self-limiting. Makeup application is recommended.
- Over the counter Arnica taken for 3 days prior to injections and 3 days after has shown to limit bruising and is permissible.

Swelling:

- Please note that minor swelling may occur following facial injections.
- Application of ice is recommended to help limit the swelling experienced.
- Swelling may occur in an uneven manner and is self-limiting, ice and elevation is recommended.

Post injection:

- Refrain from high impact exercise or yoga for at least 4 hours from injection time
- Apply gentle ice to injection location every 1-2 hours for 15 minutes the day of and the day after injection.
- We do not routinely recommend massage at the site of injection.
- Cover up/Makeup is permissible as needed for concealment of any blemishes.

Follow up:

- We like to see all Neurotoxin and Facial Filler patients approximately 2 weeks after injections.



Kybella

Day of Injection:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any injections.
- If preferred, pre-injection topical anesthetic gel or ice can be requested.
- The site of injection will be cleaned which may remove makeup. Makeup may be reapplied as desired following the injections.

Bruising:

- Please discontinue taking Aspirin, unless directed by a physician, 5 days prior to your appointment. We also recommend discontinuing anti-inflammatories such as Ibuprofen and any herbal remedies to limit bleeding risk.
- Bruising may occur from needle insertions and is self-limiting. Makeup application is recommended.
- Over the counter Arnica taken for 3 days prior to injections and 3 days after has shown to limit bruising and is permissible.
- Bruising is common with Kybella injections.

Swelling:

- Significant swelling is common and may be present up to 4 weeks. The most significant swelling occurs in the first week.
- Application of ice is recommended as often as possible during the first week of treatment to limit the onset and duration of swelling.

Other symptoms:

- Many patients report slight pain and numbness in the first 3 days following injection. These symptoms are self-limiting and will resolve to normal.
- Ice is recommended for any perceived pain.

Post injection:

- Apply ice every 1-2 hours for 15 minutes as tolerated for the first 3 days.
- We recommend massage if any nodules are present at 2 weeks following injection.
- Cover up/Makeup is permissible as needed for concealment of any blemishes.
- Follow up is recommended in 6 weeks.
- We recommend 2 treatments per treatment area 6 weeks apart.



SculpSure

Day of Treatment:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please shave area to be treated if hair present.
- Please wear black undergarments for consistency of pictures
- Treatment takes only 25 minutes per area. Multiple areas can be treated during one appointment. If you are considering more than one treatment, please call the office to allow for sufficient time.
- Your appointment time will also include taking pictures for progress documentation.

Bruising:

- Bruising is not typical. Slight redness at the site of treatment is usual and self-limiting.

Swelling:

- Swelling may be present as fat cells are destroyed. Swelling is related to localized inflammation which will improve and resolve with time.

Other symptoms:

- Skin sensitivity may be present at the treatment site for 1 or 2 weeks which is self-limiting.
- Nodules beneath the skin may or may not form. Nodules represent fat destruction and clumping. These nodules will resolve completely in time.

Post Treatment:

- You may resume activity as tolerated including exercise the day of treatment.
- Drink plenty of water for the next 48 hours
- Massage the area of treatment for 5-10 minutes twice daily for 2 weeks. If any nodules are felt, massage until complete resolution of nodules.
- Follow up is recommended at 6 weeks and 12 weeks post-treatment. Pictures will be taken at these intervals. Please wear black undergarments for consistency of photos
- Avoid alcohol for the first 24-48 hours following treatment.

Follow up:

- The second treatment will be scheduled in approximately 6 weeks.
- You will also follow up 6 weeks and 12 weeks following your second treatment



Microneedling with/without PRP (Platelet Rich Protein)

Day of Service:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any injections.
- Prior to treatment, topical anesthetic gel or ice will be used to ensure comfort.
- If having a PRP treatment, your blood will be drawn at the start of treatment.

Bruising:

- Please discontinue taking Aspirin, unless directed by a physician, 5 days prior to your appointment. We also recommend discontinuing anti-inflammatories such as Ibuprofen and any herbal remedies to limit bleeding risk.
- Small pinpoint bruising may occur from the procedure and is self-limiting. Makeup application is recommended if bruising is present.
- Over the counter Arnica taken for 3 days prior to injections and 3 days after has shown to limit bruising and is permissible.
- Bruising is typically minimal with Collagen Induction Therapy but can occur with the reinjection of PRP.

Swelling:

- Significant swelling is uncommon, however those with a higher histamine response may notice mild to moderate swelling in the treatment area.
- Application of ice or topical 1% cortisone cream is recommended.
- Contact the office in the event your swelling does not subside after 24 hours for further direction.

Other Symptoms:

- Numbing cream may last up to 6 hours following treatment.
- Intense redness and heat to the skin is common for up to 48 hours following treatment.

Post Procedure:

- Do not wash your face for at least 4 to 6 hours following treatment.
- Avoid direct sun exposure for 3 to 5 days; always ensure sun block of a minimum SPF 30.
- Application of makeup is permissible after 24 hours, ideally 48 hours; tinted moisturizers or mineral makeup may be applied 4 to 6 hours following treatment.
- Follow proper home care instructions customized by your provider.
- Avoid strenuous exercise, sweating, saunas, hot tubs, steam rooms or hot showers for 24 hours.
- Subsequent treatments should take place between 4 to 6 weeks or as directed by your provider.



Facial Treatments including: HydraFacial, Dermaplaning, Microdermabrasion, Mild-Medium Depth Peels, Signature Custom Facial, Gentlemen's, and Teen's Facial

Day of Service:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any service.

Pre-treatment Instructions:

- Discontinue use of Accutane for 6-12 months.
- Avoid topical antibiotics, retinoids, hydroquinone, sunburn, and benzoyl peroxide 5-7 days prior to procedure.
- No Intense Pulsed Light/Laser procedures 7-14 days prior
- No waxing, depilatory creams (such as Nair) or electrolysis 5-7 days prior
- No active cold sores. If you are prone to cold sores it is recommended to take a prophylactic (oral anti-viral medication) 3 days prior and 3 days following treatment

Post Procedure:

- Do not wash your face for at least 4 to 6 hours following treatment.
- Avoid direct sun exposure for 3 to 5 days; always ensure sun block of a minimum SPF 30.
- Application of makeup is permissible after 24 hours, ideally 48 hours; tinted moisturizers or mineral makeup may be applied 4 to 6 hours following treatment.
- Follow proper home care instructions customized by your provider.
- Avoid strenuous exercise, sweating, saunas, hot tubs, steam rooms or hot showers for 24 hours.
- Subsequent treatments should take place between 4 to 6 weeks or as directed by your provider.



Laser Hair Removal, Skin Rejuvenation, Pigment, Redness & Vascular Treatment

Day of Service:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any injections.
- No numbing cream may be utilized during treatment. DCD, cooling spray, will be utilized in office pending service.

Pre-treatment Instructions:

- Discontinue use of Accutane for 6-12 months.
- Avoid sun exposure for 4 to 6 weeks – always use a minimum of SPF 30.
- Avoid topical antibiotics, retinoids, hydroquinone, and benzoyl peroxide 5-7 days prior to procedure.
- No Intense Pulse Light/Laser procedures 7-14 days prior
- No waxing, depilatory creams (such as Nair) or electrolysis 5-7 days prior
- No active cold sores. If you are prone to cold sores it is recommended to take a prophylactic (oral anti-viral medication) 3 days prior and 3 days following treatment
- Please shave the entire area to be treated either day of or night before treatment with a clean razor. *If the area is not shaved prior to treatment, there will be a \$40 grooming fee applied to your service.*

Common Symptoms:

- Redness, mild swelling, and heat following treatment for up to 24 hours are common. We request that you contact our office if discomfort continues beyond 24 hours for further direction.
- Small pinpoint bruising may occur from the laser therapy; more common in those on Aspirin and herbal supplements.
- Itching to the treatment site can be alleviated with a topical 1% Cortisone cream; please contact our office if itching persists beyond 48 hours.
- Cool water, ice, and Aloe vera are recommended to alleviate local discomfort of the treated area.
- If blistering, pigment changes, or increased discomfort occur contact the office immediately for proper direction and care.

Post Procedure:

- Avoid direct sun exposure for 3 to 5 days; always ensure sun block of a minimum SPF 30.
- Application of makeup is permissible after heat and redness have subsided.
- Follow proper home care instructions customized by your provider.
- Avoid strenuous exercise, sweating, saunas, hot tubs, steam rooms or hot showers for 24 hours.

Follow up:

- Subsequent treatments will be recommended by your provider based on the area treated and goal of treatment.



PicoWay – Tattoo Removal & Pigment Correction

Day of Service:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any injections.
- Topical numbing cream will be applied to the area for comfort.

Pre-treatment Instructions:

- Discontinue use of Accutane for 6-12 months.
- Avoid sun exposure for 4 to 6 weeks – always use a minimum of SPF 30.
- Avoid topical antibiotics, retinoids, hydroquinone, and benzoyl peroxide 5-7 days prior to procedure.
- No Intense Pulse Light/Laser procedures 7-14 days prior
- No waxing, depilatory creams (such as Nair) or electrolysis 5-7 days prior
- No active cold sores. If you are prone to cold sores it is recommended to take a prophylactic (oral anti-viral medication) 3 days prior and 3 days following treatment

Common Symptoms:

- Please discontinue taking Aspirin, unless directed by a physician, 5 days prior to your appointment. We also recommend discontinuing anti-inflammatories such as Ibuprofen and any herbal remedies to limit bleeding risk.
- Immediately post treatment, the treated area will have a “slight frosting.” Erythema (redness) and edema (swelling) at the treatment site may appear and last up to 24 hours.
- Bruising may occur from the procedure and is self-limiting. Makeup application is recommended if bruising is present.
- Arnica taken for 3 days prior to treatment has shown to limit bruising and is permissible.
- Blistering of the treated area is common, please do not self-extract the fluid within the blister.
- Micro-scabbing will be present over the treated areas, please keep these hydrated as directed.
- Contact the office with any intense discomfort for proper guidance.
- Topical anesthetics may last up to 6 hours following treatment.

Post Procedure:

- Avoid direct sun exposure; always ensure sun block of a minimum SPF 30.
- Application of makeup is permissible after heat and redness have subsided.
- Follow proper home care instructions customized by your provider.
- Keep tattoos hydrated and covered a full 24 hours for 3 days and at night for 2 more days following.



aesthetics and skin care

PicoWay – Resolve Micro-fractional Laser Facial.

Day of Service:

- To expedite your check in process, our intake forms can be sent to you via email through your patient portal.
- Please alert the staff or provider of any medication allergies prior to receiving any injections.

Pre-treatment Instructions:

- Discontinue use of Accutane for 6-12 months.
- Avoid sun exposure for 4 to 6 weeks – always use a minimum of SPF 30.
- Avoid topical antibiotics, retinoids, hydroquinone, and benzoyl peroxide 5-7 days prior to procedure.
- No Intense Pulse Light/Laser procedures 7-14 days prior
- No waxing, depilatory creams (such as Nair) or electrolysis 5-7 days prior
- No active cold sores. If you are prone to cold sores it is recommended to take a prophylactic (oral anti-viral medication) 3 days prior and 3 days following treatment

Common Symptoms:

- Redness, mild swelling, and heat following treatment for up to 24 hours are common. We request that you contact our office if discomfort continues beyond 24 hours for further direction.
- Small pinpoint bruising may occur from the laser therapy; more common in those on Aspirin and herbal supplements.
- Itching to the treatment site can be alleviated with a topical 1% Cortisone cream; please contact our office if itching persists beyond 48 hours.
- Cool water, ice and aloe Vera are recommended to alleviate local discomfort of the treated area.
- If blistering, pigment changes, or increased discomfort occur contact the office immediately for proper direction and care.

Post Procedure:

- Avoid direct sun exposure for 3 to 5 days; always ensure sun block of a minimum SPF 30.
- Application of makeup is permissible after heat and redness have subsided.
- Follow proper home care instructions customized by your provider.
- Avoid strenuous exercise, sweating, saunas, hot tubs, steam rooms or hot showers for 24 hours.