



**We look forward to welcoming you!**  
**1587 Boston Post Road Suite A3 Westbrook, CT 06498**

**If you are an established patient, please arrive 10 minutes before your scheduled appointment to check in and if you are new to the practice, please arrive 15 minutes prior.**

**If you don't see your ideal appointment day or time online, please text (or call) 860-287-3360. We will do our best to accommodate you.**

**By scheduling and confirming an appointment, you are agreeing to billing and treatment as outlined below.**

**We continue to accept cash, check, Zelle and credit cards.** Botox is \$15/unit and any full syringe of Filler done with Botox has a \$25 savings before any Alle or other credit, such as a referral credit, is applied.

**If you pay with cash, check or Zelle, Botox is \$14/unit and any full syringe of Filler with Botox has a \$50 savings. Alle and referral credits may be applied as well.**

Appropriate tax will be applied to all charges.

Please inquire if you have questions about a specific promotion.

**No show or cancellation within 24 hours prior to your scheduled appointment will result in a \$150 fee.** Check in more than 10 minutes after your expected arrival time may result in the need to reschedule and apply the same fee. Please call if you are running late and we will do our best to accommodate you.

**Please have the updated Alle app on your phone and know your Alle login at the time of arrival.**

**Please review our pre and post care instructions below prior to booking and confirming your appointment.** Non compliance with the checklist below that prevents treatment at your scheduled appointment may also result in a \$150 fee.

If you would like additional treatment at any time after a visit, you will be charged to complete the treatment.

## **Pre and Post Care Appointment Check List:**

### **Filler:**

Cannot be done within 2 weeks of any vaccination, dental work, surgery or oral antibiotic therapy for an acute illness. Please do not exercise for 24 hours after treatment.

Use of a massage face cradle, Facials, and Diamond Glow treatments should be avoided for 2 weeks after any injectable treatment. Recommendations vary for laser.

Please consider taking Arnica pills starting 5 days before your treatment to reduce the risk of bruising.

If you plan to do Filler and Morpheus8 over time, we generally recommend doing Morpheus8 1<sup>st</sup> to maximize results.

### **Botox:**

Plane travel should be avoided for 24 hours after treatment. No eyebrow care until treatment has settled. Please do not exercise for 24 hours after treatment. Use of a massage face cradle, Facials, and Diamond Glow treatments should be avoided for 2 weeks after any injectable treatment. See below for Morpheus8. Recommendations vary for laser.

### **Diamond Glow and Peels:**

Please avoid retinol, salicylic acid, glycolic acid or alpha/beta hydroxy for 5 days prior to treatments. No direct sun exposure for 7 days prior. Must be 2 weeks **after** an Injectables treatment. Can be done **any time before** an injectables treatment.

Please note: Botox or similar CAN be done **after** a Diamond Glow, even on the same day!

### **Morpheus8, IPL/Photofacial, and Hair Removal:**

Treatments can not be done if you have a suntan in the treatment area. No self tanner for at least 4 weeks prior. This includes self tanning make up. Please avoid NSAIDs or aspirin for 5 days prior. Please avoid topical with active ingredients such as retinol, salicylic, glycolic, alpha/beta hydroxy, vit C, niacinamide or similar for 7 days prior.

**Morpheus8 and IPL** should be done at least 2 weeks after an Injectables treatment, 2 weeks after Diamond Glow microdermabrasion (or similar), and 3 months after any ablative laser treatment. If you are being treated with Kybella, we recommend Morpheus8 at least 6 weeks after all treatments are complete.

Complete instructions for each treatment will be reviewed at your appointment.

**Thank you for your continued loyalty!**

**The Refine Medical Aesthetics Medical team looks forward to welcoming you soon!**