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241 S San Mateo Dr, Ste 7 | San Mateo, CA 94401  
newskinbylynn.com | 650-484-4404

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## Rejuran *i* (Eye) — Pre & Post-Treatment Care

Botox • Jeuveau • Xeomin  
Rejuran *i* • Periorbital Skin Booster

Thank you for choosing New Skin by Lynn for your Rejuran *i* treatment. To ensure optimal results and minimize any risk of complications, please follow these pre and post-care instructions carefully.

### About Rejuran *i*

Rejuran *i* is an injectable skin booster formulated exclusively for the periorbital (eye) area. It contains highly purified polynucleotides (PN) derived from salmon DNA that activate your skin's own fibroblasts to rebuild collagen, restore skin thickness, and improve texture from within. Unlike dermal fillers, Rejuran *i* does not add volume — it stimulates genuine skin repair.

Sessions	3–4 treatments for optimal results
Spacing	Every 3–4 weeks
Session Time	~30–45 minutes including numbing
Results	Develop over 4–8 weeks; most visible after 2nd–3rd session
Duration	6–12 months from a full series
Maintenance	One session every 6–12 months

### Pre-Treatment Instructions

The periorbital area bruises more readily than most of the face. The steps below — especially alcohol and blood thinner avoidance — make a meaningful difference in your experience and outcome.

### ■ Priority: Reducing Bruising Risk

Stop the following **5–7 days before your appointment** unless prescribed for a medical condition. **Never stop prescription medications without consulting your doctor.**

#### Medications & supplements to pause (if medically safe):

- Aspirin and aspirin-containing products (Excedrin, Alka-Seltzer)
- NSAIDs: ibuprofen (Advil, Motrin), naproxen (Aleve)
- Fish oil / omega-3 supplements • Vitamin E supplements
- Ginkgo biloba, garlic supplements, ginger, St. John's Wort

#### Alcohol — stop at least 48–72 hours before treatment:

• Alcohol dilates blood vessels, impairs platelet function, and significantly increases bruising and swelling. Even moderate consumption 2–3 days prior is enough to affect your outcome. The longer you abstain, the better your results.

If you take prescription blood thinners (warfarin, Plavix, Eliquis, Xarelto), **do not stop these** — inform your provider so we can plan accordingly.

#### 7 Days Before:

- **Discontinue** aspirin, NSAIDs, fish oil, Vitamin E, and herbal supplements above (if medically safe)
- **Pause retinol** or prescription retinoids around the eye area to reduce skin sensitivity
- **Avoid injectable treatments** in the eye area — allow adequate healing time between sessions

#### 48–72 Hours Before:

- **Stop all alcohol consumption** — even moderate intake meaningfully increases bruising risk in the periorbital area
- **Avoid prolonged sun exposure** — sunburned or sensitized skin is not suitable for treatment
- **Stay well hydrated** — good skin hydration supports healing and treatment response

#### Day of Appointment:

- **Arrive with a clean face** — remove all eye makeup and skincare products beforehand
- **No eye cream or active serums** on the day of treatment
- **Eat a light meal beforehand** — treating on an empty stomach can cause lightheadedness
- **Inform your provider** of any new medications, supplements, illness, or skin changes
- **Postpone if you have an active cold sore** or eye infection in the treatment area — contact us to reschedule

### Post-Treatment Care Instructions

Small raised bumps (papules) at injection sites are normal and flatten within 12–24 hours. Mild redness, swelling, and tightness are expected. Light bruising occurs in approximately 15–25% of clients and is more common in the delicate periorbital area.

Effect	Expected Duration	What To Do
Injection-site papules (bumps)	Flatten 12–24 hrs	Do not touch or massage
Mild redness	12–24 hrs	Cool compress if desired
Swelling (under-eye)	Up to 48 hrs	Elevate head; cool compress
Light bruising	3–7 days	Arnica gel after 24 hrs
Lines temporarily look worse	Up to 1 week	Normal — resolves as swelling settles

Skin tightness or fullness	24–48 hrs	Gentle moisturizer after 24 hrs
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**Immediately After Treatment:**

- **Do not touch, rub, or massage** the treated area — even if bumps are visible
- **No makeup** around the eye area for 24 hours
- **No eye cream or active skincare** in the treated zone
- **Cool compress** (cloth or gel pack — not ice directly) for 10–15 min as needed
- **Remain upright** — avoid lying face-down for at least 4 hours

**First 24 Hours:**

- **No vigorous exercise** — avoid sweating and elevated heart rate
- **No alcohol** — delays healing and increases bruising
- **No hot showers, saunas, hot tubs, or steam rooms** — heat increases blood flow and swelling
- **Sun protection** — avoid extended sun exposure; apply SPF 50+ if going outdoors
- **Sleep with head slightly elevated** to reduce under-eye swelling overnight

**First 3–7 Days:**

- **No facials, massage, or skin treatments** — including microneedling, laser, or chemical peels
- **No retinol, AHAs, BHAs, or Vitamin C serums** — resume active ingredients after 5–7 days
- **Arnica gel (topical)** may be applied gently starting 24 hours after treatment if bruising is present
- **SPF 50+ every day** — UV exposure disrupts collagen repair and increases pigmentation risk during healing
- **Avoid heavy alcohol consumption and smoking** — both slow collagen synthesis and tissue repair

**When to Contact Us**

Contact us promptly if you experience:

- Swelling that worsens significantly after 48 hours
- Pain that is increasing rather than improving
- Redness spreading beyond the injection area
- Significant itching, hives, or warmth suggesting allergic reaction
- Any lump or nodule that has not resolved after 2 weeks
- Fever or systemic symptoms

**Seek emergency care (call 911) if you experience:**

- Difficulty breathing or swallowing
- Sudden changes in vision
- Severe swelling of the face or throat

**Phone or Text: 650-484-4404**

**New Skin by Lynn**

*All treatments at New Skin by Lynn — San Mateo's boutique medical aesthetics practice — are performed under physician medical direction as required by California law.*

*This document is for informational purposes only and does not constitute medical advice. Individual results vary.*