



BOTOX & FILLER PRE-TREATMENT INSTRUCTIONS

7 Days Before

- To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as Aspirin, Ibuprofen, Advil, or Motrin
- Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, cayenne, licorice, flax seed oil and COQ10
- Avoid drinking alcohol a few days before treatment since it, too, is a blood thinner
- Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment
- Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the area to be treated
- Avoid the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retinol A
- If you have a tendency to bruise easily, start taking Arnica Montana, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It is available at health food stores. It comes in an oral tablet and a topical cream. The cream may be helpful after treatment.
- If you have a history of cold sores (Perioral Herpes) the doctor will prescribe a medication for you to start the day before or the day of treatment.
- Always inform your clinician of all medications including antibiotics, high blood pressure medication, Coumadin, Plavix, or other blood thinners as well as your medical history.

Other Important Information:

- Patients should be in good overall health.
- Do not use Botox or dermal fillers if you are pregnant/breastfeeding,
- Do not use Botox if you are allergic to eggs or any of its ingredients or if you suffer from any neurological disorders.
- Active skin infections are a contraindication to treatment
- It is not recommended to have Botox treatments less than 90 days apart.

- Stay well hydrated before and after filler treatment. Dermal filler attracts and binds to water to add volume to the skin.
- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- Schedule a follow up appointment 2 weeks after treatment.

BOTOX & FILLER POST-TREATMENT INSTRUCTIONS

- Do not massage, rub or apply pressure to the treated area for 6 hours after treatment
- Avoid aspirin, ibuprofen, and drinking alcohol for a few days following treatment
- Do not exercise for 24 hrs.
- Apply topical Arnica Montana cream to any areas with redness, bruising or swelling
- Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears
- Do not restart Retinol or Retin-A for 2 days

IF YOU HAD BOTOX TODAY:

- Stay erect; do not lie down for at least 4 hours
- You may experience occasional tingling sensations
- An immediate headache is common, especially if it is your first Botox treatment
- It can take 2-14 days to take full effect. Botox can last 3-4 months.
- Makeup can be reapplied after treatment

IF YOU HAD FILLER TODAY:

- Avoid kissing, puckering, using a straw, and “lip plumpers”. This can displace the filler material and cause complications.

- Immediately apply ice to the area treated with very light pressure to reduce swelling. Ice should be applied for 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout today.
- Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica Montana to help with any areas of bruising and/or swelling.
- Staying well hydrated can improve results. Filler attracts and binds to water to add volume to the skin.
- Avoid facials, peels, micro-dermabrasion, dental treatment, “face down” massages for two weeks. Also, sleep on your back for the next few nights.
- If possible, avoid makeup today. Gentle cleansing and moisturizer are fine.
- The effect of filler is immediate with full effect in 7 days.

****CALL IMMEDIATELY TO REPORT ANY PAIN, REDNESS, BLISTERS, ITCHING, OR SKIN BLANCHING**