

### **Pre-Treatment Instructions**

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/ Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your dermal filler and Botox/Dysport appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

### **Post-Treatment Botox/Dysport**

- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/laser services or microdermabrasion after injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox/Dysport find its way to the muscle into which it was injected after treated.
- Do NOT lie down for 4 hours after your Botox/Dysport treatment. This will prevent the Botox/Dysport from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox/Dysport in the injected area and not elsewhere.

### **Post-Treatment Instructions Dermal Filler**

- Avoid significant movement or massage of the treated area, unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.