



## **In order to minimize the risk of possible side effects and complications of injections please follow these simple steps:**

### **Pre-Treatment Instructions: Botox, Dermal Fillers, Threads**

- 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 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 Dermal Filler and Botox injections will take approximately 14 days to settle. Also bruising and swelling may be apparent in that time period.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Take Arnica Pellets (ordered from Amazon) to help the bruising and swelling. 5 pellets under the tongue 3 times a day- start at least 2 days prior to injections and 3 days following.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- It is best not to fly for 7 days following treatment.
- If you have a history of cold sores please let us know, we 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**

- Do NOT manipulate the treated area for 4 hours following treatment. Do NOT receive facial/ laser treatments or microdermabrasion after Botox injections for 14 days. Ask if you are not sure about the time frame of certain services.
- Do NOT lie down for 4 hours after your Botox treatment. Do not rub your face around or toward your eyes for 12 hrs.
- It can take approximately 4 to 14 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 4 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

### **Post-Treatment Dermal Filler and Threads**

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 72 hours.
- Avoid extensive sun or heat for 24 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may gently apply a cool compress for 15 minutes each hour. We do not want excessive pressure on the treatment area as the filler could move for up to 48 hrs.
- Use Tylenol for discomfort day of treatment. Ibuprofen can be used additionally 24 hrs later.
- 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 and 3 days following.

If you have any further questions or concerns please call or text us at (312) 263-7822.