



Pre Care Instructions for Botox & Fillers

- **ALCOHOL:** Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- **AVOID:** Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin A, C, 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.
- **SPECIAL DAY:** 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 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.
- **HEALTH HISTORY:** If you have a history of cold sores please let us know, an anti-viral medication prior to treatment can be prescribed.
- **FOOD:** Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- **PREGNANT:** You are not a candidate if you are pregnant or breastfeeding.
- If you are prone to bruising or swelling taking Arnica tablets 48 hours prior to injections helps the healing process.

After Care Instruction for BOTOX/XEOMIN® Injections

- After your treatment you can resume your day.
- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/ laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- **REST:** Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- **RESULTS:** 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. 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.
- **EXERCISE:** Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.
- **BE GENTLE:** When washing your face within the 1st 24 hours, GENTLY scrub.
- **FOR DISCOMFORT:** You may take Tylenol.
- **SIDE EFFECTS:** bruising and swelling are normal, applying topical Arnica cream/gel can help reduce the appearance.

After Care Instructions for Fillers

- **EXERCISE:** Avoid strenuous exercise for 24 hours.
- **FUN IN THE SUN:** Avoid extensive sun or heat for 72 hours.
- **DRINKING:** Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- **SLEEPING:** Try to sleep face up and slightly elevated if you experience swelling.
- **LOVE IT OR HATE IT:** Do NOT love or hate your results immediately, swelling and bruising are noted mostly in the First 24-48 hours. However, swelling may last more than others. Modification (if needed) can be done when swelling and bruising subsides. FOLLOW UP appointment should be made in 2 weeks with ANY major concerns
- **BE GENTLE:** When washing your face within the 1st 24 hours, GENTLY scrub.
- **SIDE EFFECTS:** bruising and swelling are normal, applying topical Arnica/ice/ Benadryl can help reduce the appearance.
- **PAIN:** ice the area that's filled to help minimize swelling. Use Tylenol for discomfort.
- **SWELLING:** If swelling is uncomfortable and lasts more than 72 hours please contact healthcare provider FIRST. Warm compresses MAY be applied (must be advised by healthcare provider first)
- **MASSAGE:** Do not touch/massage the treated area unless directed to by HEALTHCARE PROVIDER

How to make a warm compress:

- Combine 2 tablespoons of EPSOM salt or 2 ½ tablespoons of regular salt with 8 oz of hot/warm water (whichever is tolerable)
- Soak a hand towel into water and apply to affected area for a minimum of 15 minutes. Repeat this as necessary until swelling subsides.