



## Pre and Post Instructions for Botox/Fillers Treatment

### Pre-injection Instructions:

- **Avoid blood thinning** over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve for 1 week prior. *Please consult your physician if you are taking Aspirin for medical reasons!*
- **Avoid supplements** including St. Johns Wort, ginko biloba, primrose oil, garlic, ginseng, and Vitamin E for 1 week.
- **Avoid topical products** such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products for 3 days prior.
- **Avoid waxing, bleaching, tweezing,** or hair removal cream on the area to be treated for 3 days prior.
- **Do not drink** alcoholic beverages for 24 hours prior to treatment.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let your Provider know if you are prone to cold sores as you may need antiviral medications before and after treatment.
- Do not use dermal fillers if you are **pregnant or breastfeeding**, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let your Provider know if you are prone to cold sores.

### Day of Treatment

- Arrive to the office with a "clean face" - washed and without makeup.
- In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.



### Within the First Hour of Treatment

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.
- As part of your aftercare we will provide you with ice which can reduce or resolve potential bruising.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary.
- For Botox (or any other neuromodulator injection), do not lay down or wash your face until 4 hours post injection.

### Within 6 to 10 Hours of Treatment

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- To help alleviate bruising, we recommend the topical application of Arnica - a natural ointment commonly used to reduce bruising. You can find this in the natural foods section of your grocery store, or at local pharmacies. We can also provide you with some in our office.
- For dermal fillers, minimize movement or constant pressure of the treated area(s). Such as tight-fitting glasses after temple dermal fillers. However, if there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks).
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser.



### Additional Dermal Filler Aftercare Recommendations

- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system, such as SkinBetter Science Interfuse Treatment Lines or ZO skin care. Please consult with our skin specialist for the treatment regimen best suited for you.
- 98% of skin damage (aging, wrinkles, dark spots, and hyper-pigmentation) is caused by sun damage. Wearing sunscreen is critical to maintaining the look and health of your skin. Sunscreen should be re-applied after every 4 hours of sun exposure

### Please Contact Us Immediately if You Experience

- Fever and/or chills
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Discolored blotches in areas not injected or blanching of injected areas
- Change or loss of vision or pain in or around the eye.

I have received a copy of this pre/post instruction sheet. I have a full understanding of the instructions given. To the best of my knowledge, I confirm that I am not currently pregnant and decline to take a pregnancy test.

Patient Full Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date:\_\_\_\_\_

If you have any questions about these instructions or the procedure, please contact us at 949-748-3880.