

Botox and Fillers – Pre & Post Care Instructions



BEFORE your treatment:

- Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen and Aleve, as well as herbal supplements such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort and Omega-3 capsules at least 7 days before treatment to help prevent bruising post-injection. **Please note: If you have a cardiovascular history, please check with your doctor before stopping the use of Aspirin.**
- Avoid topical products such as Retinol, Glycolic Acid, Alpha Hydroxy Acid and other sensitizing products 2-3 days prior to your injection.
- Avoid waxing, bleaching, tweezing, or use of hair removal cream on the area to be treated at least one week prior.
- Excessive alcohol consumption within 24 hours of your injection may increase chances of bruising.

AFTER your treatment:

- Do not rub or massage the area for at least 2 hours after your treatment. Do not do any form of strenuous activity that will raise your blood pressure for at least 4 hours after treatment. You may shower and go about most other regular daily activities, however saunas, hot tubs, exercise, etc. should be avoided.
- Any small bumps or marks caused from injection will go away within a few hours. If you need to apply makeup
- Swelling and bruising are completely normal. Ice can be used as needed for two days (5 minutes on, 5 minutes off), up to five times a day.
- Avoid non-steroid, anti-inflammatory medications (Motrin, Aspirin, Aleve), fish oil and other herbal supplements until the swelling subsides. If you need to take pain medication, you may take Tylenol.
- Avoid alcoholic beverages for at least 24 hours post injection.
- We recommend a follow up appointment approximately 2 weeks after injection to track progress.

Additional Instructions:

BOTOX:

- Exercise the muscles that were treated for 30 minutes to 1 hour after injection to help direct the penetration of the Botox into the muscles. You can do this by making facial expressions for the area treated (i.e. frowning, raising your eyebrows or squinting). Although this is thought to help, it will not negatively impact your results if you forget.
- Do not lie down for 4 hours after your treatment. This will prevent the Botox from moving into an unintended area (for example into the orbit of your eye, causing a drooping eyelid).
- It can take approximately 7-14 days for the results of botox to be seen. If the desired results are not seen after 2 weeks of your treatment, additional units may be required at your own expense.

DERMAL FILLER:

- Do not sleep or apply pressure on your face for the first 24-48 hours as the filler is still quite malleable during this time. Dermal fillers are present immediately, but will take 1-2 weeks to "settle" completely.

NAME: _____ DATE: _____ SIGNATURE: _____

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.