

Botox and Fillers – Pre & Post Care Instructions



BEFORE your treatment:

- Avoid dental work (including standard teeth cleaning) at least two weeks prior to treatment, and one month following treatment. Avoid oral surgery at least four weeks prior to treatment and one month following.
- 7 DAYS BEFORE treatment, avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve to prevent bruising. Also avoid herbal supplements such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor before stopping the use of Aspirin.
- 3 DAYS BEFORE treatment, avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any other "anti-aging" products.
- Avoid waxing, bleaching, tweezing, or use of hair removal cream on the area to be treated.
- Do not drink alcoholic beverages 24 hours before your treatment to avoid additional bruising.
- Please arrive with a "clean" face. Avoid wearing makeup in the area to be treated. Post injection, you may gently apply a mineral makeup such as Jane Iredale.
- To maximize your comfort during the procedure, a topical anaesthetic (numbing cream) may be applied. This will add an additional 15-30 minutes to your appointment time.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

AFTER your treatment:

- 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 strenuous activity such as exercise, and hot tubs/hot showers/saunas for 24-48 hours after treatment (and until any swelling subsides), as well as excessive sun exposure.
- 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:

- For 30 minutes post injection, please exercise the muscles that were treated to help direct the penetration of the botox into the muscles. You can do this by making facial expression such as frowning if frown lines were treated.
- 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.
- 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.
- Massage the areas in the shower for about 5 minutes for the first 7-14 days post injection to help settle and soften the filler.

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.