



## BOTOX/FILLER Pre/Post Instruction

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

## Pre-Treatment Instructions

- 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 Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know. They 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 3 hours following treatment. Do NOT receive facial/ laser treatments or microdermabrasion after Botox injections for at least 7 days. Ask your provider if you are not sure about the time frame of certain services.
- It can take approximately 4 to 7 days for Botox 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.

## Post-Treatment Instructions Dermal Filler

- Avoid dental work 2 days pre injection and two weeks after injection.
- No skincare or make up should be applied to the skin for 24 hours after treatment.
- If bruising occurs- you can call the office to schedule an IPL spot treatment to help reduce the bruise quicker than resolving on its own.
- Avoid significant movement or massage of the treated area unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress/covered ice pack for 15 minutes each hour. DO NOT APPLY ICE DIRECTLY TO SKIN.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica Prep kit (you can purchase in the office) to help the bruising and swelling, start at least 2 days prior to injections.
- Sculptra patients should massage the areas treated 5 times per day for 5 minutes for 5 days.

**If you have any further questions or concerns, please call us at (856)751-4554**