

PRE / POST CARE INSTRUCTIONS FOR BOTOX, FILLERS, SCULPTRA®

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

PRE-TREATMENT INSTRUCTIONS

- **2 WEEKS:** Schedule your Dermal Filler and/or Botox appointments 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 may take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- **2 WEEKS:** Avoid anti-inflammatory/blood thinning medications, if possible and approved by your primary physician 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.
- **1 WEEK:** If you have a history of cold sores please let your provider know.
- **2 DAYS:** Discontinue Retin-A 2 days before and 2 days after treatment
- **2 DAYS:** Filler clients may take Arnica to help the bruising and swelling
- **1 DAY:** Alcohol may thin the blood and increase the risk of bruising. Avoid consuming alcohol 24 hrs. before treatments.
- **1 DAY:** Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.

TREATMENT DAY: 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 breast feeding.

POST- TREATMENT INSTRUCTIONS FOR 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 10 days. Ask your provider if you are not sure about the time frame of certain services.
- 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.
- 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.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
- 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 product used during any touch up or subsequent appointments.

POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

- Take Arnica to help the bruising and swelling, you may start at least 2 days prior to injections.
- Avoid extensive sun or heat for 72 hours.
- Avoid strenuous exercise for 24 hours.
- Avoid significant movement or massage of the treated area (unless instructed by the provider).
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort (if approved by primary physician).
- Try to sleep face up and slightly elevated if you experience swelling.

POST TREATMENT INSTRUCTIONS FOR SCULPTRA ®

- Apply a cool compress to the injection site(s) for up to 48 hours.
- Avoid strenuous exercise for 24 hours post treatment.
- Avoid excessive sun or heat exposure for 24 hours post-treatment.
- Massage treated area gently 2 times per day for 5 minutes for 4 weeks after the injection.
- Elevate the head with two pillows while sleeping during the first few days to minimize swelling.
- Aspirin, NSAIDs, and alcohol should be avoided for the first few days after treatment (if approved by primary physician).
- Use Tylenol for discomfort (if approved by primary physician).