



### **Pre-Treatment Instructions for Dermal Fillers/Neurotoxins**

- 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 at least 1 week 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 neurotoxin appointment 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 neurotoxin injections will take approximately 4 to 14 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, blemish or if you are experiencing a cold or viral illness symptoms.
- 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 and will not be treated.
- Schedule dental cleanings or dental work at least 4 weeks before or after your dermal filler appointment, not necessary when just getting a neurotoxin.
- You need to be off antibiotics at least 2 weeks prior to your dermal filler or neurotoxin appointment. Depending on what antibiotic you are taking and the reason you are taking it could need up to 4 weeks, please check with your Provider for further details.

### **Post-Treatment Botox**

- Do NOT manipulate the treated area for 4 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.
- Avoid extreme heat, such as saunas, steam rooms and hot tubs for 24 hours.
- 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 4 to 14 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional units.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 24 hours after treatment.

### **Post-Treatment Instructions Dermal Filler**

- Avoid significant movement or massaging of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours, including extreme heat from a sauna, steam rooms, and hot tubs.
- 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 any discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.