



## Pre-Treatment Instructions Botox & Dermal Filler

### 7 DAYS BEFORE:

- To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as aspirin, Tylenol, Advil, or Motrin
- Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, cayenne, licorice, flax seed oil and COQ10
- Avoid drinking alcohol 24 hours before treatment since it, too, is a blood thinner
- Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment
- Avoid waxing, bleaching, tweezing, or using scrubs and hair removal cream on the area to be treated
- Avoid the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retinol A
- If you have a tendency to bruise easily, start taking Arnica Montana, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It is available at health food stores, pharmacies, and some grocery stores. It comes in an oral tablet and a topical cream. The cream may be helpful after treatment.
- If you have a history of cold sores (Perioral Herpes) the doctor will prescribe a medication for you to start the day before or the day of treatment.
- Always inform your clinician of all medications including antibiotics, high blood pressure medication, Coumadin, Plavix, or other blood thinners as well as your medical history.

### DAY OF INJECTIONS:

- **Eat and drink before your treatment.** It is not uncommon for patients to "pass-out" or get lightheaded during their injection. Having a good blood sugar and being hydrated will make it less likely that you will feel queasy during your treatment.



- **Minimize make up and lotions.** Minimize make-up, in and around areas where you would like to get injections performed. Our medical assistants will remove your make-up prior to treatment. You can bring make-up with you to apply immediately after your treatment.
- **20 - 30 minutes of topical numbing recommended for fillers.** We recommend numbing cream application prior to dermal injections. The numbing cream needs a good 20 - 30 minutes to exert its full effect, hence we ask all our filler injection patients to come a little earlier to allow for the numbing time.

## OTHER IMPORTANT INFORMATION:

- Patients should be in good overall health.
- Do not use Botox or dermal fillers if you are pregnant/breastfeeding
- Do not use Botox if you are allergic to eggs or any of its ingredients or if you suffer from any neurological disorders.
- Active skin infections are a contraindication to treatment
- It is not recommended to have Botox treatments less than 90 days apart.
- Stay well hydrated before and after filler treatment. Dermal filler attracts and binds to water to add volume to the skin.
- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- Schedule a follow up appointment 2 weeks after treatment.