



### **Recommended Pre and Post Procedure Guidelines for Injectables**

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

#### **Pre-Treatment Instructions**

- Schedule your appointment at least 2 weeks prior to a special event. Bruising and swelling may be apparent in that time period.
- Starting Arnica supplements at least 2 days prior to injections may help with bruising.
- Refraining from alcohol at least 24 hours prior to injections may decrease the risk of bruising
- Avoiding certain medications at least 2 weeks prior to injections may decrease the risk of bruising and swelling. Medications include: aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS.
- Let the provider know if you have a history of cold sores. An antiviral may be prescribed.
- You may not be pregnant or breastfeeding.
- You may not have an active rash in the area being treated.

#### **Post-Treatment Botox**

- Do NOT manipulate the treated area for 4 hours following treatment.
- 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.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 4 hours after treatment. This will keep the Botox in the injected area and not elsewhere.
- It can take approximately 3 to 5 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 will be charged for product used during any touch up or subsequent appointments.

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

- 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.
- If you have swelling you may apply a cool compress for 15 minutes each hour if instructed to do so by provider.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Syringes of filler will be kept for **8 weeks** following injections for any touch ups.