

BOTOX & FILLER PRE-TREATMENT INSTRUCTIONS

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 a few days 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.

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.