



Pre-Treatment Instructions: BOTOX AND FILLERS

Providing our patients with the finest possible medical care available is our continuing goal. We take pride in helping our patients have a very positive experience while under our care. The following instructions will help us provide you with the high-quality care that you deserve.

1. Try to come in with a clean washed face without makeup or lipstick. This allows for the most optimal results.
2. Discontinue Retin-A or Tretinoin 2 days before and 2 days after treatment.
3. Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
4. If you have a history of cold sores please let us know, we may prescribe an anti-viral medication prior to treatment to reduce the risk of developing a cold sore after treatment.
5. Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
6. You are not a candidate if you are pregnant or breastfeeding.

How you can help minimize the risk of bruising prior to filler / Botox appointment?

Bruising and swelling are common after filler injections and much less common after Botox injections. Our advice to anyone who is having a filler treatment done, is to schedule it 10-14 days prior to any major events (weddings, vacation, etc) . This will allow any potential bruising to fade away. Bruising can typically be covered up with make or lipstick, but you may need to help choosing the right color. We recommend going to a local store like Nordstrom or Sephora to get advice on the selecting the right colors to help mask bruising. Results from the Dermal Filler and Botox injections will take approximately 4 to 14 days to appear

Although we cannot eliminate bruising, we can minimize the risk of it occurring with a few recommendations.

1. One week prior to injections avoid the following medications/supplements: aspirin, NSAIDs (Ibuprofen, Aleve, Motrin etc.), St. John's Wort, Vitamin E, Multivitamins, Krill Oil, Fish Oils, Flaxseed Oils, Omega-3, Gingko, Ginseng, Garlic and Glucosamine
2. Eat FRESH pineapple, as it contains bromelain that has been known to decrease bruising. You can also take bromelain supplements 2 weeks prior to injections.

We recommend: **Source Naturals Bromelain 500mg**

3. Start taking Arnica tablets 3 days prior to your injection and continue for taking them for a total of 5 days.

We recommend: **Boiron Arnicare Tablets**

4. Start using Arnica Cream immediately after your appointment.

We recocomend: **Boiron Arnicare Gel or Cream**

5. No alcohol consumption 2 days prior to injections.