



Pre-Treatment Instructions Botox Treatments & Dermal Fillers

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

Preparation Before Your Appointment

- Arrive with a clean, washed face without makeup/lipstick. This allows for optimal results.
- Discontinue Retin-A or tretinoin 2 days before and 2 days after treatment.
- Please reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish in the treatment area.
- 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 for treatment if you are pregnant or breastfeeding.

How to Help Minimize Bruising

Bruising and swelling are common after filler injections and much less common after Botox injections. We recommend scheduling filler treatments 10–14 days prior to any major events (such as weddings, vacations, or special occasions) to allow any potential bruising to resolve.

Bruising can usually be covered with makeup or lipstick, though you may need assistance selecting the appropriate shade. We recommend visiting a store such as Nordstrom or Sephora for help choosing colors that help conceal bruising.

Results from dermal filler and Botox injections typically appear within 4 to 14 days.

Although bruising cannot be completely eliminated, the following recommendations may help minimize the risk:

- One week prior to injections, avoid the following medications and supplements: aspirin, NSAIDs (ibuprofen, Aleve, Motrin, etc.), St. John's wort, vitamin E, multivitamins, krill oil, fish oil, flaxseed oil, omega-3 supplements, ginkgo, ginseng, garlic, and glucosamine.
- Eat fresh pineapple, which contains bromelain that may help decrease bruising. You may also take bromelain supplements 2 weeks prior to injections. Recommended: Source Naturals Bromelain 500 mg.
- Start taking Arnica tablets 3 days prior to your injection and continue for a total of 5 days. Recommended: Boiron Arnicare Tablets.
- Begin using Arnica cream immediately after your appointment. Recommended: Boiron Arnicare Gel or Cream.
- Avoid alcohol consumption for 2 days prior to injections.