

Dermal Filler and Botox Pre Treatment Instructions

- No aspirin, Aleve, Ibuprofen (Motrin or Advil), Vitamin E, Ginkgo Biloba, flax seed or garlic at least 7-10 days before your appointment
 - If you are taking a prescription blood thinner such as Coumadin or Plavix, you need to check with your prescribing doctor to see if you are safely able to stop these medications prior to your appointment (discontinue for 7-10 days before treatment and at least 2 days after)
- If you have a history of oral Herpes Simplex (cold sores), please inform the doctor at least one week before your appointment; you will be given a preventative prescription medication
- Avoid sun exposure before your treatment
- Avoid waxing, bleaching, tweezing, or hair removal cream on the area to be treated
- Come to your appointment WITHOUT make-up on
- Bruising and swelling are expected after dermal filler injections. Please keep this in mind if you have any upcoming special events planned in the next 2-3weeks.

POST TREATMENT INSTRUCTIONS

- You may experience bruising, and you can consider taking Arnica Montana for 2-5 days, it is a homeopathic remedy for bruising and swelling.
- Avoid aspirin, Aleve, Ibuprofen (Motrin or Advil), Vitamin E, Ginko Biloba, flax seed or garlic for about 5-7 days after your treatment, as these may cause increased risk of bleeding/bruising. Alcoholic beverages may also increase the risk of bleeding/bruising.
- We like you to return for a post injection appointment in 2-4 weeks.
- If you have any questions or concerns please do not hesitate to call us, 586-573-4333.

IF YOU HAD BOTOX TREATMENT:

- Avoid lying down flat, or bending forward for 4 hours following treatment.
- Facial exercise in the area of treatment is recommended (e.g. frown, smile, look surprised) about every 15 minutes for 1 hour.
- You may get a headache and/or you may experience occasional tingling sensations, this is normal.
- Avoid touching and manipulating the area the first 4 hours after treatment.
- Avoid exercise and tight fitting headgear (e.g. CPAP machine) for 4-6 hours after the treatment.
- You may reapply makeup immediately after treatment.
- Treatment effect may take 3-10 days to appear.
- The benefits may last 3-4 months.

IF YOU HAD DERMAL FILLER TREATMENT:

After your treatment with dermal fillers, you will likely have some redness, swelling and bruising. This usually subsides in less than 7 days. If any concerning symptoms persist for longer than a week, please contact our office.

- Cold compresses (with very light pressure) may be used immediately after treatment to reduce swelling. You may apply ice for 10-20 minutes and remove for 10-20 minutes and continue this cycle throughout the day today. Elevating the head of your bed will also help reduce swelling.
- Avoid touching the treated areas within 6 hours following treatment. Do not massage the injection sites the day of the injections. After that, the area can be gently washed.
- If you have had filler in your lips, limit movement of your lips for 2-3 days (e.g. avoid kissing, smoking, and drinking through a straw).
- You may shower and place make-up the following day.
- For the first 24 hours after treatment avoid exposure to heat/sun or extreme cold as this may increase swelling, bruising, and redness. Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears (usually 5-7days).
- Avoid exercise and alcohol for 48 hours after treatment.
- Take Tylenol if you have any pain; this should be enough. You might develop a headache as a consequence of the injections.
- Try to sleep on your back to avoid sleeping with pressure on your face for 2-3 nights after the treatment (avoid CPAP machine if possible).
- Avoid face down massages and other facial treatments such as chemical peel or laser for 2-4weeks.
- You might see some bruising occurring one 1-2 days after injections at any of the injection sites. These will eventually go away in several days.
- Your dermal filler may feel lumpy which can be normal. As long as you cannot see the lumps, do not worry. They generally settle in after 2 weeks.