



## **Recommended Pre & Post Procedure Guidelines Neuromodulators (Botox, Dysport) and Dermal Fillers**

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

### **Pre-Treatment Instructions**

- Schedule your appointment at least 2 weeks prior to a special event as bruising and swelling may be apparent in that time period.
- Starting Arnica Montana/Sinecch supplements at least 2 days prior to injections may help prevent bruising.
- Refrain from Alcohol at least 24 hours prior to injections to decrease the risk of bruising.
- Avoiding certain medications at least 3 days prior to treatment may decrease the risk of bruising/swelling. Medications/supplements to avoid include: Aspirin, vitamin E, ginkgo biloba, ginseng, garlic, turmeric, Omega 3/Fish oil, flaxseed oil, ibuprofen, Montrin, Advil, Aleve and other NSAIDS (please speak to your physician before stopping any regimen).
- If you have a history of cold sores, an antiviral medication may be prescribed.
- You may NOT have an active rash/infection/autoimmune disease or using oral/topical antibiotics.
- You may NOT be pregnant or breastfeeding.
- You may NOT have dental work 4 weeks pre/post dermal filler appointments (including routine cleanings).

### **Post-Treatment Botox**

- Do NOT manipulate/massage the treated area for 4 hours following treatment.
- Refrain from alcohol at least 24 hours after injections to decrease risk of bruising/swelling.
- Do NOT do the following activities for at least 4 hours after treatment: perform activities involving straining, heavy lifting, vigorous exercise, inverted activities (like Yoga), or lying down. This will keep the neuromodulator from migrating from the injection site.
- It can take approximately 10-14 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 products used during any touch up or subsequent appointments.

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

- Avoid puckering, (ie. sipping from a straw) kissing, and massage of the treated area.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- You may experience swelling/bruising in the area treated (Tylenol can be used for pain).
- You may apply a cool compress for 15 minutes each hour *if* instructed to do so by the provider.
- It can take approximately 10-14 days for swelling and bruising to resolve.
- Try to sleep face up and slightly elevated if you experience swelling.