

## **Before and after instructions for Botulinum toxin and dermal filler treatment**

### **Before treatment:**

- Avoid aspirin, vitamin E, St. John's Wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew and ginseng for 2 weeks.
- Avoid NSAIDs (ibuprofen, motrin, advil, naproxen, aleve, etc) and alcohol for 2 days.
- Avoid waxing, bleaching, tweezing, facial scrubs or the use of 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 tend 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, Whole Foods. 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.
- If possible, come to your appointment with a cleanly washed face without makeup.

### **After treatment:**

- Do not massage, rub or apply pressure to the treated area for 6 hours after treatment
- Avoid aspirin, ibuprofen, and drinking alcohol for a few days following treatment
- Do not exercise for 24 hrs.
- Apply topical and/ or oral Arnica Montana cream to any areas with redness, bruising or swelling
- Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears
- Do not restart Retinol or Retin-A for 2 days

### **If you had botulinum treatment today:**

- Stay erect; do not lie down for at least 4 hours
- You may experience occasional tingling sensations
- An immediate headache is common especially, if it is your first botulinum treatment
- It can take 2-14 days to take full effect. Botox can last 3-4 months.
- Makeup can be reapplied after treatment

**If you had fillers today:**

- Avoid kissing, puckering, using a straw, and “lip plumpers”. This can displace the filler material and cause complications.
- Immediately apply ice to the area treated with very light pressure to reduce swelling. Ice should be applied for 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout today.
- Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica Montana to help with any areas of bruising and/or swelling.
- Staying well hydrated can improve results. Filler attracts and binds to water to add volume to the skin.
- Avoid facials, peel, micro-dermabrasion, dental treatment, “face down” massages for two weeks. Also, sleep on your back for the next few nights.
- If possible, avoid makeup today. Gentle cleansing and moisturizer is fine.
- The effect of filler is immediate with full effect in 7 days.

**\*\*CALL THE OFFICE IMMEDIATELY TO REPORT ANY PAIN, REDNESS, BLISTERS, ITCHING, OR SKIN BLANCHING AT [727-518-1000](tel:727-518-1000)**

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