



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**

By signing below, you understand and accept the risks and complications of the procedures and understand that there are no guarantees to the outcome of the procedure. You also certify that if you have any changes in your medical history, you will notify the doctor/healthcare professional who treated you immediately.

Patient name (Print)

Patient signature

Date