

Care Instructions for Botox Cosmetic and Dermal Fillers

TWO to FIVE DAYS BEFORE INJECTIONS

To prevent bruising with cosmetic injections, limit the use of additional omega 3 essential fatty acids and anti-inflammatory medications 2-5 days prior to procedure: therefore limit the use of high dose vitamin E, flax and or fish oil, aspirin, Naprosyn, and ibuprofen. You may choose to use the homeopathic Arnica Montana 24-48 hours (as directed) prior and afterward as well to reduce the incidence of bruising. This may be purchased in the medicinal store or any health food store.

BOTOX POST TREATMENT INSTRUCTIONS

- You may have slight swelling today although it should resolve within a few hours.
- Do not lie down, bend over, lay down flat or place your face against a pillow or any other surface for 4 hours following treatment.
- Allow 8 hours before touching, pressing or manipulating the treated areas.
- You may go home or to work directly after treatment.
- Please be patient. Results are not immediately apparent, although you may notice some changes as early as 3-5days; full and complete effects may not be realized for up to 14 days. The benefits may last 4-6 months; the average is four and a half months.
- Facial exercise in the area of treatment is recommended for 20 minutes (frown/smile) for quicker effects that last up to 2 weeks longer.
- Please set an appointment for re-check if you have any concern. It is recommended that you are evaluated between the 10-14th day for best desired effect. An additional touch up treatment may be necessary for the most optimal effect.

FILLER TREATMENT INSTRUCTION: JUVEDERM/RADIESSE/BELOTERO/VOLUMA

- Avoid strenuous exercise, sun or heat exposure, and alcoholic beverages for the first 24 hours.
- Do not apply makeup for the first 12 hours.
- For symptoms of redness, swelling and or itching at the injections sites, you may apply ice to the area or arnica gel.
- For any symptoms of discomfort you may take over the counter Tylenol 500 mg strength every 6 hours as needed. Avoid anti-inflammatory medication such as ibuprofen, Aspirin or Aleve as it may contribute to bruising.
- Do not massage any of the areas injected with filler; the product will provide the lift and softening it is designed to do in time. The full firm feeling you may have now will soften significantly in the first 2 weeks, and then more so in the first month.
- If the lips have been injected; avoid drinking fluids through a straw for 24 hours.

Return to office 4-6 months; please provide approximately 1-2 week for your schedule availability. Call if any questions or problems. Report new or worse symptoms or ineffective treatment. Patient verbalizes understanding and is in agreement with the treatment plan.

Client Signature: _____

Date: _____