

Neuromodulator & Injectable Filler Pre & Post Instructions

Pre-Treatment Instructions:

- **1 week** before the treatment: Avoid taking blood thinners such as Aspirin, NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Vioxx), St. John's Wort, Fish Oil, Ginseng, Ginkgo Biloba, and high doses of Vitamin E supplements, as these may increase bruising and bleeding at the injection sites. Please inform us if you are taking other blood thinners, such as Coumadin or Plavix.
- **24 hours** before treatment: Avoid alcoholic beverages.
- Schedule treatment at least **2 weeks** before a special event.
- Please notify us if there is any change in your medical history since your last office visit.
- If you have previously suffered from facial cold sores, you may need medications to minimize their reoccurrence.
- Consider Arnica Montana to help prevent bruising and swelling.
- Call our office for instructions or refer to the manufacturer's label.

Post-Treatment Instructions:

- For **1 week** after treatment: Continue to avoid taking blood thinners (listed above).
- Do not massage the treatment site.
- Consistently repeated treatments will produce the best resolution of wrinkles.

Botox/Dysport/Daxxify

- Avoid lying down, as well as physical exercise, for **4 hours** after treatment.
- Treatment effect may take 2-10 days to start showing. The benefits may last from 2-4 months.

Dermal Fillers

- Following your treatment, you may experience redness, swelling, bruising, and tenderness to touch for 72 hours up to 2 weeks. Itchiness may also occur.
- Apply a cool compress immediately after treatment to decrease swelling.
- You may also apply topical Arnica and/or take Arnica pills to reduce bruising.
- Call our office if you notice an **increase** in pain and swelling after 3 days.
- Call our office if you notice any pain or skin color changes.
- The benefits may last from 6-12 months, or longer.

Please call our office if you have questions before or after your treatment.