



## **BOTOX/XEOMIN/JEUVEAU/DYSPORE AND DERMAL FILLERS PRE AND POST-TREATMENT**

### Pre-Treatment:

1. If you have a history of cold sores notify us immediately for pre-treatment instructions. Avoid treatment if you have had a cold sore within a month of treatment.
2. If you take any of the following you may experience more bleeding and bruising. If you can avoid them before treatment the risk will decrease. Aspirin, ibuprofen, Advil, Aleve, NSAIDS, herbal supplements such as Gingko Biloba or Vitamin E.
3. Taking Arnica and eating fresh pineapple before treatment can help decrease bruising and swelling.
4. Avoid alcohol and heavy exercise the day of treatment.
5. I have reviewed all my medical conditions and the consent prior to treatment.

### Post treatment:

1. For Botox/Xeomin/Jeuveau/Dysport do not lay down, lay flat or bend at the waist for 4 hours. Try to use the muscles injected. Do not massage the area treated. Avoid facials, massages, microneedling or other similar treatments for 2-3 days. Avoid alcohol and heavy exercise the day of treatment.
2. For dermal fillers avoid alcohol, sun, heat, exercise or steam for 24 hours. Avoid facials or massages in the treated areas for 14 days.
3. For dermal fillers we recommend applying an ice pack every hour for 10 minutes for the first 1-2 days.
4. You can use oral or topical Arnica or eat fresh pineapple to help bruising resolve more quickly. Applying makeup/concealer is ok to cover bruising.
5. You can take extra strength Tylenol if needed for any discomfort.
6. If you had Sculptra we recommend massaging the area for 5 minutes, 5 times a day for 5 days. For Belotero avoid massage. For other fillers light massage is ok.
7. Swelling and bruising can take up to 2 weeks to resolve.
8. Notify us immediately with any concerns.
9. Prior to any future surgery, procedure, treatment in the treatment area notify the providers that you have had treatments done