



**Pre and Post-Care Instructions for
Filler + Botox**

- Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.
- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes: aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or postinjectable treatment, as it is also a blood thinner.
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area. It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections.
- We will delay injectables if you:
 - Have had any infection, cold, virus, or flu in the past 10 days.
 - Have had any dental procedures in the past 14 days or are anticipating dental procedures or cleanings in the next 14 days.
 - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
 - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
 - Have had any tattooing or permanent makeup within the past 30 days.
 - Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).
- Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

Post-Treatment Instructions: Filler

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.
- **DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT:** No cleanser, moisturizer, or makeup!
- **DO NOT** massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment.

- Ice packs may be used in the treated area during the first 12 hours. Ice for 15 minutes every hour.
- Avoid dental work for 14 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with your head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of four weeks before receiving any skin care or laser treatments.

If you experience any of the following symptoms, contact our office immediately:

- dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills.

If you notice an onset of any of these symptoms, call our office immediately.

Post-Treatment Instructions: Botox

- Do NOT massage or apply pressure on the treated area for 6-8 hours after treatment.
- Do NOT wear hats for 6-8 hours post treatment
- Do NOT lie down for 4 hours after injections.
- Avoid exercise activities, extensive sun or heat exposure (hot yoga, saunas), and alcoholic beverages for 24 hours after treatment.
- Try to exercise your treated muscles for about 90 minutes after treatment (e.g. practice frowning, raising eyebrows, squinting)
- You may take acetaminophen (Tylenol) to reduce headache if needed.
- Results of your treatment may take up to 14 days to fully take effect.