

## **BOTOX & FILLER PRE-TREATMENT INSTRUCTIONS**

### **7 Days Before**

- To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as aspirin, Tylenol, Advil, or Motrin
- Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, cayenne, licorice, flax seed oil and COQ10
- Avoid drinking alcohol a few days before treatment since it, too, is a blood thinner
- Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment
- 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 have a tendency 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 and the Giant Eagle pharmacy department. 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.

### **Other Important Information:**

- Patients should be in good overall health.
- Do not use Botox or dermal fillers if you are pregnant/breastfeeding,
- Do not use Botox if you are allergic to eggs or any of its ingredients or if you suffer from any neurological disorders.
- Active skin infections are a contraindication to treatment
- It is not recommended to have Botox treatments less than 90 days apart.
- Stay well hydrated before and after filler treatment. Dermal filler attracts and binds to water to add volume to the skin.
- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- Schedule a follow up appointment 2 weeks after treatment.