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## **Cosmetic Injectables Pre & Post Procedure Instructions**

### **Pre-Procedure Instructions & Precautions**

- Avoid alcohol for 24 hours prior to treatment (it may increase the risk of bruising)
- Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Schedule your appointment at least 2 weeks prior to a special occasion to ensure proper time for product to take effect and any bruising or swelling has resolved.
- Discontinue Retina 2 days prior and 2 days after your treatment
- If you have a history of cold sores, please let the doctor know prior to treatment.
- Be sure to have a good meal prior to your appointment to decrease the chances of lightheadedness during your treatment.
- Notify the physician if there is a chance you may be pregnant or are breastfeeding

### **Post-Procedure Instructions & Precautions for Botox/Dysport**

- Do Not manipulate the treated area for 3 hours following treatment.
- Do Not receive a facial or laser treatment for at least 2 weeks after your treatment.
- Do Not lie down for 4 hours
- Discontinue Retina 2 days prior and 2 days after your treatment
- If you have a history of cold sores, please let the doctor know prior to treatment.
- Be sure to have a good meal prior to your appointment to decrease the chances of lightheadedness during your treatment.
- If there is a chance you may be pregnant or are breastfeeding, please notify the physician prior to your treatment.

### **Post-Procedure Instructions & Precautions for Dermal Filler**

- Avoid significant movement or massage of the treated area unless instructed by the physician.
- Avoid strenuous exercise for 24 hours
- Avoid extensive sun or heat for 72 hours
- Avoid consuming excessive amounts of alcohol or salt to avoid excess swelling
- If you have swelling, you may apply a cool compress for 15 minutes each hour
- Use Tylenol for discomfort
- Sleep slightly elevated if you experience any swelling
- You may use Arnica to help with bruising and swelling