

Botox® PRE - TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Patient must be in good health with no active skin infections in the areas to be treated
- Patient should not be needle phobic
- Avoid alcoholic beverages at least 24 hours prior to treatment
Alcohol may thin the blood which will increase the risk of bruising.
- Avoid anti-inflammatory / blood thinning medications ideally, for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botox® appointment at least 2 weeks prior to a special event i.e., wedding, vacation, etc. It is not desirable to have a potential bruise from an injection. Proper timing is recommended.
- Arrive at appointment with minimal to no makeup, if possible.

PRE-TREATMENT INSTRUCTIONS

Dermal Fillers

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.

If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.

If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.

Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.

NO Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment.

Discontinue Retin-A two (2) days before and two (2) days after treatment.

AVOID Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment

