

Pre and Post Treatment Instructions for Botox and Dermal Fillers

Pre Treatment Instructions:

- Avoid consuming alcoholic beverages at least 24 hours prior to your treatment as alcohol may thin the blood and increase your risk of bruising.
- Avoid Aspirin and other blood thinning medications for a period of at least 1 week before treatment as they can increase the risk of bruising and swelling after injections. Also, avoid fish oil, Motrin, Ibuprofen, Aleve, and other NSAIDs for 2-3 days before appointment.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for 2 days before and 2 days after your treatment. Let your doctor know if you have a history of hyperpigmentation (darkening of skin in response to injury or infection).
- If your treatment will involve injections around your lips and you have a history of oral herpes or cold sores, notify Dr. Jones. We may write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up of cold sores. If you have a current prescription, Valtrex 1 gm should be taken by mouth daily on the day before, the day of, and the day after your treatment. Please reschedule your appointment if you have a rash, cold sore or blemish on the treatment area
- You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.
- We recommend scheduling your Botox or dermal filler appointment at least 2 weeks prior to a special event, such as a wedding or vacation, since the results can take up to 2 weeks to appear and to allow any potential bruising to subside.
- You are not a suitable candidate if you are pregnant or breastfeeding.

On the day of your appointment:

- Arrive to your appointment with a clean face, free of makeup if possible. Your physician may choose to apply a topical numbing cream as needed. You do not need a driver to assist you.
- Be sure to have a good breakfast, including food and drink before your treatment. This will decrease your chances of any lightheadedness during the treatment.

Post Treatment Instructions:

- Do not manipulate, massage or put direct pressure over the treated area(s).
- Do not undergo facial/laser treatments for 24 hours after a Botox treatment and for 2 weeks after filler.
- It can take approximately 14 days for Botox results to be seen. If the desired appearance isn't seen after 2 weeks, you may need additional Botox.
- Do not perform activities that involve straining, heavy lifting or vigorous exercise for 4 hours after the treatment. This will keep the Botox in the injected area.
- Avoid consuming 1-2 servings of alcohol in the 24 hours after injections.
- If you have swelling after dermal filler injections, you may apply a cool compress for 15 minutes each hour. Do not apply ice on the face for more than 5 minutes in any one area.
- Use Tylenol for discomfort.
- Elevate head with extra pillow, wedge or adjustable bed while sleeping to minimize swelling. Sleep on a clean pillowcase.
- Oral or topical Arnica may be taken to help with any bruising and swelling.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs or hot wax.
- After lip filler, do not apply anything dirty to your lips for 24 hours after injection. Do not allow pets to lick you! When applying lip gloss or balm, make sure they are new in order to avoid introducing any bacteria to the injection site.

Please contact us at (704)665-0058 if you feel you are experiencing any complications from your procedures.