

BOTOX + DYSPORT

PREPARATION

Inform your provider if you have a history of cold sores or if you are receiving antiviral therapy prior to treatment.

3 DAYS PRIOR

Avoid all blood thinners including alcohol, Advil, Aspirin, Aleve, Omega 3, fish oil, Vitamin E, Ginkgo, St. John's Wort or garlic to avoid bruising.

1 DAY PRIOR

Avoid drinking alcohol or any of the blood thinners listed to prevent additional bruising.

DAY OF TREATMENT

Redness and swelling are normal. Some bruising may be visible. You may experience some tenderness or a stinging sensation at the treatment site that can last for a few minutes or up to a few days.

DO

Ice the area for ten minutes on and ten minutes off to decrease swelling and potential bruising

Tylenol can help decrease pain without causing additional bleeding or bruising

DON'T

Avoid laying down or any strenuous activity for 6 hours post treatment

Avoid touching, manipulating, or direct pressure to injection site

Avoid makeup, exercise, extreme temperatures

Avoid all blood thinners including medication or alcohol for at least 24 hours



DERMAL FILLER

PREPARATION

Inform your provider if you have a history of cold sores or if you are receiving antiviral therapy prior to treatment.

3 DAYS PRIOR

Avoid all blood thinners including alcohol, Advil, Aspirin, Aleve, Omega 3, fish oil, Vitamin E, Ginkgo, St. John's Wort or garlic to avoid bruising.

1 DAY PRIOR

Avoid drinking alcohol or any of the blood thinners listed to prevent additional bruising.

DAY OF TREATMENT

DO

Ice the area for ten minutes on and ten minutes off to decrease swelling and potential bruising

Tylenol can help decrease pain without causing additional bleeding or bruising

To further decrease chances of bruising and increase healing, drink plenty of water and use topical or oral Arnica

Medications such as Benadryl, Claritin or Reactine can aide in preventing excessive swelling

DON'T

Avoid travel by plane for at least 24 hours after dermal filler, as this can increase swelling and alter results

Avoid touching, manipulating, or direct pressure to injection site

Avoid makeup, exercise, extreme temperatures

Avoid all blood thinners including medication or alcohol for at least 24 hours

AFTER CARE

Inform your provider if you have a history of cold sores or if you are receiving antiviral therapy prior to treatment.

DAY 2

Continue to ice area

Tylenol and oral antihistamines can help with pain and swelling

You may now resume normal activity and wear makeup

DAY 3

Start to gently massage lips to avoid any granulomas

Apply warm compress to help speed up healing, especially bruising

You can now begin more manual massage to lips if any bumps or nodules are felt

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