

Thank you for choosing The Pogue Center for your Botox and/or Filler treatment. Please follow these pre and post treatment instructions in order to obtain the best results and minimize any side effects.

BOTOX™

Before

- Stop using all products that contain aspirin, Vitamin E, fish oil and similar products 2 weeks prior to treatment. This will decrease the chance of bruising. Notify The Pogue Center if you are on a blood thinner, such as Warfarin, Coumadin, or Plavix. Tylenol is OK to use.
- Stop using Ibuprofen 48 hours prior to treatment.
- Do not consume alcohol 24 hours prior to treatment.
- Do not schedule important social activities, meetings, etc., immediately after the procedure. We recommend you allow 6 weeks for full healing before attending a special event, such as a wedding. (The majority of patients do not have any adverse effects from Botox™).

After

- Do not exercise for 24 hours after your treatment.
- Do not rub or irritate the injection sites for 24 hours after treatment.
- If you have swelling or bruising, apply cool compresses to site.

FILLERS (Juvederm™)

Before

- Stop using all products that contain aspirin, Vitamin E, fish oil and similar products 2 weeks prior to treatment. This will decrease the chance of bruising. Notify The Pogue Center if you are on a blood thinner, such as Warfarin, Coumadin, or Plavix. Tylenol is OK to use.
- Stop using Ibuprofen 48 hours prior to treatment.
- Do not consume alcohol 24 hours prior to treatment.
- Do not schedule important social activities, meeting, etc., immediately after the procedure. We recommend you allow 2 weeks for full healing before attending a special event, such as a wedding. (The majority of patients do not have any adverse effects from Fillers).
- If you have a history of cold sores, you may need to start an antiviral medication, such as Valtrex™, 24 hours before the procedure. Notify The Pogue Center if you do have a history of cold sores and do not have a prescription for an antiviral medication.
- You may take Arnica Montana, an herbal supplement sold at major retailers, after treatment to reduce bruising.

After

- If your lips have been treated, they may be numb for one hour. Be careful drinking hot liquids.
- Apply cool compresses for 24 hours to minimize bruising and swelling.
- Minimize mouth motion (chewing, talking) for 24 hours to allow the product to set into the tissues.
- Use Tylenol for pain
- If you have lumpiness or asymmetry, you can massage these areas 72 hours after treatment to break down product. Stop massaging when the lumps and asymmetry are better to avoid breaking down good product. Minor lumps are normal the first 2 weeks after treatment.
- Avoid dental procedures including cleanings for 2 weeks after fillers are injected.

Call The Pogue Center if you experience any of the following: severe bruising, infection, redness, fevers, cold sores, or scarring. **480-515-5400.**