



Pre and Post Care Instructions

Instructions apply to neurotoxin and dermal filler injections

Pre-Treatment Instructions

- Do NOT consume alcoholic beverages at least **24 hours prior** to treatment due to risk of bruising
- Avoid anti-inflammatory/blood thinning medications for 7 days before treatment.
- Avoid medications/supplements such as aspirin, vitamin E, ginkgo, biloba, ginseng, St. John's Wort, Fish Oil (omega 3), Ibuprofen, Motrin, Advil, Aleve and other NSAIDS that have a blood thinning effect and can increase the risk of bruising as well as swelling after injections.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Schedule your appointment at least **2 weeks prior** to a special event such as a wedding or vacation
- Results from the dermal fillers and neurotoxin (Botox/Dysport) injections will take about **4 to 7 days** to appear, but allow **2 weeks** for complete results
- Avoid 2 days prior and 2 days after your treatment any topical medications such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products.
- **Reschedule 24 hours** in advance if a rash, cold sore, or blemish develops to the area injected.
- If you have a history of cold sores please let your provider know to consider starting an antiviral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are NOT a candidate if you are pregnant/breast-feeding or if you have a medical condition that is contraindicated for the treatment of elective, cosmetic neurotoxin injections

Post-Treatment Neurotox (Botox/Dysport/Xeomin)

- Do NOT massage/manipulate the treated area for **4 hours** following treatment.
- Do NOT receive facial/laser treatments or microdermabrasion after injections for at least **10 days**
- Ask your provider if you are not sure about the time frame to resume certain services.
- Do NOT lay down for **4 hours** after your treatment. This will prevent the product from tracking into the orbit of your eye which can increase risk of ocular complication
- It can take approximately **4 to 7 days for results** to be seen. If the desired result is not seen after 2 weeks of your treatment, then you may need additional botox/dysport/xeomin. You are charged for the amount of product used at any follow up visit that is "touch up" or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for **6 hours** after treatment. This will keep the botox/dysport/xeomin in the injected area and not elsewhere.

Patient Name Printed

Patient Name Signed

Date

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Med Spa Services Supervised by Medical Director Dr. Abdullah Farooque MD

Post-Treatment Instructions for dermal filler (hyaluronic acid/collagen)

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling around treated areas.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- May use Tylenol (Acetaminophen) for discomfort. Avoid NSAIDs: Aleve, Advil, Ibuprofen, Naproxen
- Try to sleep face up and slightly elevated if you experience swelling.
- Apply topical Arnica gel to help the bruising and swelling, so can start at least 2 days prior to injections.
- If you have any further questions or concerns please call during office hours at _____ and if the office is closed then can call our after hours phone number at _____. For any medical emergency such as severe pain, redness at injection site, loss of vision or any other visual symptoms then immediately **call 911** and go to local emergency department for evaluation

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