

## WHAT TO DO BEFORE AND AFTER YOUR COSMETIC PROCEDURE

### *Pre-Treatment Instructions For all Procedures*

- Do **NOT** consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of **3-5 days** before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Dermal Filler and Botox appointment **at least 3 weeks-one month** prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retinol-A and Vitamin C topicals 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on 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 or breastfeeding.

***Post -Treatment PCDC***

Cool compress for pain management over treated area, 10 minutes at a time

Use tylenol as directed

NO strenuous exercise for 48 hours after treatment

No direct sun to the treatment area for 2-5 days

Avoid tanning beds, hot tubs, saunas and other forms of heat therapy to the treated area.

bruising is NORMAL

Do not massage the area unless directed to do so.