



### **Botox & Cosmetic Filler**

***Contact our office with any questions or concerns at 210-245-4050***

#### **Pre-Treatment Instructions**

- Inform your provider if you have a history of cold sores
- Schedule your Dermal Filler or Botox appointment at least 2 weeks prior to any special events
- Avoid anti-inflammatory/blood-thinning medications for 1 week before treatment if possible
  - *Ex: aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS*
  - *Avoid alcoholic beverages at least 24 hours prior to treatment*
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish on the area to be treated
- Be sure to have a good breakfast before your procedure to avoid lightheadedness during treatment
- You may take Arnica starting 2 days prior to treatment to help reduce bruising/swelling
- You are not a candidate if you are pregnant or breastfeeding

#### **Post-Botox Instructions**

- Do NOT manipulate or massage the treated area
  - No facial, microdermabrasion, or laser treatments after Botox injections for at least 14 days (ask your provider if you are not sure about the time frame of certain services)
- DO NOT lie down for 4 hours after treatment
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 4 hours after treatment
- Avoid traveling via airplane for at least 24 hours after treatment
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of treatment, then you may need additional Botox. You are charged for the amount of product used; therefore, you will be charged for any touch-up treatments.

#### **Post-Dermal Filler instructions**

- Do NOT manipulate or massage 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 prevent swelling
- If you have significant swelling:
  - Apply a cool compress for 15 minutes every hour and/or take OTC Benadryl
  - Try to sleep face up and slightly elevated
- Take OTC Tylenol for any discomfort
- Take OTC Arnica to help reduce any bruising
- You may feel lumps or bumps, but these will settle within 2 weeks. Contact our office should these not resolve within this time frame