AESTHERA

PLASTIC SURGERY

PRE-TREATMENT INSTRUCTIONS – BOTOX & FILLER

- Schedule your Botox and filler appointment at least 4 weeks prior to a special event, such as wedding or a vacation to allow for complete healing.
- Results from Botox injections will take approximately 1 week to appear. Also, bruising and swelling may be apparent during that time.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish near the treatment area.
- If you have a **history of cold sores**, please let your provider know, they may start an anti-viral medication prior to treatment.
- **Avoid the use of blood thinners**: Aspirin, NSAIDS, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1-week pre and post injection as they will increase your risk of bruising.
- **Avoid alcoholic beverages** 24 hours before (or after) your treatment to avoid extra bruising.
- Avoid applying products that are potentially irritating for 2 days before and after treatment (examples- tretinoin/retin-a, glycolic acid, benzoyl peroxide, hydroquinone)
- Do not use the above stated if you are **pregnant or breastfeeding**, are allergic to any of its ingredients, or have a history of neurologic disorders. Please inform your provider if you have any questions about this prior to the treatment.
- If you would like to minimize the risk of bruising after treatment, please consider these options:
    - Homeopathic Arnica Montana ointment or pill form. Typically, one pill 3x/day x 4 days starting two days prior to treatment. Ointment is applied to bruising 3 times a day. (Usage depends on the formulation)
    - Bromelain (homeopathic medicine)
    - Good nutrition & fruits (pineapple & papaya)
    - Ocumend gel pads (available online)

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DAY OF TREATMENT

- You may use topical anesthetic medication in office before your scheduled appointment (please arrive 15 minutes prior to procedure)
- Arrive with a clean face. Please do not wear makeup if possible.
- You may experience a mild amount of tenderness or stinging during and following injection.
- Redness and swelling are normal. Some bruising may also be visible.

POST TREATMENT INSTRUCTIONS

- Do not manipulate the treated area of 4 hours following the treatment.
- Stay in a vertical position for 4 hours following injection. Do not rest your head or lie down; sit upright.
- Do not perform activities involving straining, heavy lifting, or vigorous exercise for 24 hours after treatment. This will prevent the Botox from migrating outside the treatment area.
- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment while awake.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- After treatment there will be moderate swelling and redness with possibility of bruising. You may apply or take Arnica tablets to help decrease the amount of bruising three time a day for 7 days.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid laser, IPL, or skin tightening treatments of the area for a minimum of 24 hours after injection.

If you experience severe pain, redness at injection site, loss of vision or any other visual symptoms, call immediately **(404) 446-0044** or go to the ER.