

Pre & Post Injectable Information

For all injections:

- You cannot get injected if you have any symptoms of illness (to include but not limited to: Cough, congestion, fever, acne near the injection site, cold sores, eye infections). If in doubt please call and ask.
- To decrease the risk of bruising stop taking: Advil, Ibuprofen, Aleve, Motrin, Aspirin, Fish oil, Vit E 10 days before your appointment.
- Drinking alcohol within 3 days of your appt increases the bruising risks
- You cannot get filler within 2 weeks before or after a dentist appt or ANY vaccination.
- Please come in with a clean face, you will be asked to remove any makeup upon your arrival.

Post Injection Information

- You cannot receive injections if you are sick! (to include, coughing, sneezing, fever, yellow or green mucous, acne in the area of injection)

NEUROMODULATORS: (BOTOX, Dysport)

- Neuromodulators do NOT remove wrinkles. It is working if the muscles are weakened at the injection sites. Over time the wrinkles may get less noticeable IF you do regular treatments.
- Neuromodulators can take up to 14 days (about 2 weeks) to reach full effect. Do not judge your results until that time.
- If you had a Neuromodulator keep your head above your heart and do not raise your blood pressure for 5 hours after injections.

BOTH FILLER AND NEUROMODULATORS:

- Do not rub or push on any of the injection sites.
- It is normal to have swelling and tenderness at the injection sites for up to 2 weeks.
- A daytime allergy medicine can help greatly with swelling. Taken daily.
- 1 week for Lips
- 1 month for under eye hollows
- It is recommended that make up not be applied until tomorrow morning.

FILLERS:

- Please call the office if you experience severe pain or a white color to the skin near a filler site.
- No dental appointments/lasers/micro needling 2 weeks before or after filler.
- If you had Fillers do not raise your blood pressure for 24 hours after injections, no hot showers, NO ICE TO FACE AT ALL!

Bruising:

- Any time the skin is broken, bruising can occur. If you bruise after any procedure in our office these are our recommendations for helping the bruise resolve as quickly as possible:

- Arnica Montana supplements and gel. Follow the directions for Trauma. Oral tablets can be purchased at our office and topical treatments can be found over the counter.
- Pineapple. ½ to 1 whole fresh (the core) pineapple daily. (Not canned or frozen) The Bromoline enzyme is in the highest concentration near the core. This cannot be eaten at the same time as a protein (dairy is a protein), so we suggest it as a snack blended with other lighter fruits and ice.
- Laser: We also offer laser zaps for bruises to help them clear faster. \$50 per treatment.
- It is important that you remember none of these are miracle cures that will immediately remove a bruise, but all of these can lessen the time you have a noticeable bruise.