



Cosmetic Injectables Pre & Post Procedure Instructions

Pre-Procedure Instructions & Precautions

- Avoid alcohol for 24 hours prior to treatment (it may increase the risk of bruising) • Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen. • Schedule your appointment at least 2 weeks prior to a special occasion to ensure proper time for the product to take effect and any bruising or swelling has resolved. • Discontinue Retinol 2 days prior and 2 days after your treatment • If you have a history of cold sores, please let the doctor know prior to treatment. • Be sure to have a good meal prior to your appointment to decrease the chances of lightheadedness during your treatment.
- Notify the physician if there is a chance you may be pregnant or are breastfeeding

- Post-Procedure Instructions & Precautions for Botox/Dysport** • Do Not manipulate the treated area for 3 hours following treatment. • Do Not receive a facial or laser treatment for at least 2 weeks after your treatment. • Do Not lie down for 4 hours
- Discontinue Retinol 2 days prior and 2 days after your treatment • If you have a history of cold sores, please let the doctor know prior to treatment. • Be sure to have a good meal prior to your appointment to decrease the chances of lightheadedness during your treatment.
 - If there is a chance you may be pregnant or are breastfeeding, please notify the physician prior to your treatment.

- Post-Procedure Instructions & Precautions for Dermal Filler** • Avoid significant movement or massaging of the treated area unless instructed by the physician.
- Avoid strenuous exercise for 24 hours
 - Avoid extensive sun or heat for 72 hours
 - Avoid consuming excessive amounts of alcohol or salt to avoid excess swelling
 - If you have swelling, you may apply a cool compress for 15 minutes each hour
 - Use Tylenol for discomfort
 - Sleep slightly elevated if you experience any swelling
 - You may use Arnica to help with bruising and swelling