



BOTOX AND DERMAL FILLER PRE & POST PROCEDURE INSTRUCTIONS

You would not be considered a candidate for Botox® if you have any of the following:

- Myasthenia Gravis
- Allergy to Botulinum Toxin
- Neuromuscular disorder
- Pregnant or breastfeeding
- Allergy to human albumin

To achieve optimal safe and effective results please follow these instructions.

- Schedule your Dermal Filler and Botox appointment at least 4 weeks prior to a special event, such as a wedding or a vacation to allow for complete healing.
- Results from the Dermal Filler and Botox injections will take approximately 14 days to fully appear.
- Bruising and swelling may be apparent for up to one week.
- If you have a history of cold sores, please let your provider know. You may need an anti-viral medication prior to treatment.
- With approval from our prescribing physician, avoid blood thinners a few days prior to and after treatment. Patients that bruise easily or take blood thinners may take longer to heal.
- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for a few days before your appointment (unless medically necessary).
- You may take Tylenol® (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience.
- Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- If you would like to minimize the risk of bruising after treatment, consider using Arnica gel or tablets prior to treatment.

AFTER BOTOX:

- You may apply makeup immediately following your treatment.
- For 4 hours, do not touch or rub the injected sites.
- For 4 hours, do not lie down.
- For the remainder of the day, avoid any type of facial or facial treatment, saunas, exercise and sweating.
- The results of your treatment can take up to 14 days to take full effect. Patients usually notice a change in 4-5 days.
- Wait 14 days before assessing if you are pleased with the results or for follow-up tweaks.
- There is a slight chance of bruising at the treated site. This is temporary. Any tiny bumps or marks will go away within a few hours of treatment.
- Avoid Ibuprofen, Advil or Motrin. Tylenol is acceptable to take if you are experiencing discomfort (if not contraindicated).
- Botox® Cosmetic is a temporary procedure. Results will last approximately 3-4 months.
- Apply sunscreen daily.

AFTER DERMAL FILLER:

- For the first 6 hours, within limits that are reasonably possible, avoid movement in the areas treated. Avoid excessive touching or massaging the treated area and pronounced facial expressions.
- For the first 12 hours after treatment, avoid applying makeup.
- For the first 24 hours after your treatment, you should avoid alcoholic beverages, any strenuous exercise, exposure to extensive sun and heat (as these may cause temporary redness, swelling and/or itching at the injection site).
- For 7 days, avoid facials or other facial treatments/procedures.
- For 2 weeks, avoid dental procedures and cleanings.
- The most common reactions to dermal fillers are redness, swelling, bruising and tenderness. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness.
- You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Wear sunscreen daily.

If you experience the following symptoms, contact our office immediately. If after-hours, seek immediate medical care elsewhere.

- Blanched/whitish, grey, very purple or blue discoloration of injected areas
- Severe or increasing pain
- Extreme redness, increasing warmth or coolness to touch
- Severe swelling or itching
- Blisters or ulcers
- Difficulty swallowing or smiling
- Fever or chills
- Visual symptoms

Contact at Mon Ami Spa at 601-790-9821 with any questions or concerns.