



Maria Cosmetic Center

Skin Care & Laser Clinic

BOTOX & FILLER PRE-TREATMENT INSTRUCTIONS

7 Days Before

To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as aspirin, Tylenol, Advil, or Motrin

Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, cayenne, licorice, flax seed oil and COQ10

Avoid drinking alcohol a few days before treatment since it, too, is a blood thinner

Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment

Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the area to be treated

Avoid the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retinol A

If you have a tendency to bruise easily, start taking Arnica Montana, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It is available at health food stores, Whole Foods and the Giant Eagle pharmacy department. It comes in an oral tablet and a topical cream. The cream may be helpful after treatment. If you have a history of cold sores (Perioral Herpes) the doctor will prescribe a medication for you to start the day before or the day of treatment.

Always inform your clinician of all medications including antibiotics, high blood pressure medication, Coumadin, Plavix, or other blood thinners as well as your medical history.

Other Important Information:

Patients should be in good overall health.

Do not use Botox or dermal fillers if you are pregnant/breastfeeding,



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Do not use Botox if you are allergic to eggs or any of its ingredients or if you suffer from any neurological disorders. ☒ Active skin infections are a contraindication to treatment

It is not recommended to have Botox treatments less than 90 days apart.

Stay well hydrated before and after filler treatment. Dermal filler attracts and binds to water to add volume to the skin. The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.

Do not massage, rub or apply pressure to the treated area for 6 hours after treatment

Avoid aspirin, ibuprofen, and drinking alcohol for a few days following treatment

Do not exercise for 24 hrs.

Apply topical Arnica Montana cream to any areas with redness, bruising or swelling

Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears

Do not restart Retinol or Retin-A for 2 days

IF YOU HAD BOTOX TODAY:

Stay erect; do not lie down for at least 4 hours

You may experience occasional tingling sensations

An immediate headache is common especially, if it is your first botox treatment

It can take 2-14 days to take full effect. Botox can last 3-4 months.

Makeup can be reapplied after treatment



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IF YOU HAD FILLER TODAY:

Avoid kissing, puckering, using a straw, and “lip plumpers”. This can displace the filler material and cause complications.

Immediately apply ice to the area treated with very light pressure to reduce swelling. Ice should be applied for 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout today.

Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica Montana to help with any areas of bruising and/or swelling.

Stay well hydrated can improve results. Filler attracts and binds to water to add volume to the skin. Avoid facials, peel, micro-dermabrasion, dental treatment, “face down” massages for two weeks. Also, sleep on your back for the next few nights.

If possible, avoid makeup today. Gentle cleansing and moisturizer is fine.

The effect of filler is immediate with full effect in 7 days.



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