

PRE-TREATMENT INSTRUCTIONS

1. Do NOT consume alcoholic beverages at least 3 days prior to treatment (alcohol may thin the blood and increase the risk of bruising).
2. Avoid anti-inflammatory/blood-thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo Biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood-thinning effect and can increase the risk of bruising and swelling after injections.
3. Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event that you may be attending, such as a wedding or a vacation. Results will be immediate but swelling and bruising from the Dermal Filler injections will take approximately 7 days to 2 weeks to settle. Bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
4. Discontinue Retin-A 2 days before and 2 days after treatment.
5. Reschedule your appointment at least 48 hours in advance if you have a rash, cold sore, or blemish on the area.
6. If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
7. Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
8. You are not a candidate if you are pregnant or breastfeeding, or under the age of 18.
9. Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.