

Cosmetic Information

Pre-Treatment

Arrive 10 minutes early for an appointment with a clean face, no makeup.

If you have a big event, please schedule a filler appointment at least 2 weeks prior to allow for any potential bruising or swelling to subside.

Eat a hearty meal and drink fluids the day of your appointment.

You may use Arnica up to one week prior, this may be found in your local health food or drug store to help with possible bruising.

You are not a candidate if you are pregnant or breastfeeding or have myasthenia gravis.

Please no alcohol 24 hours prior to appointment.

How to Minimize Bruising

Here are some extra steps you can take before a treatment involving injections that can help to minimize bruising:

- Eat 2-3 servings of fresh pineapple beginning 2 days before, and continuing for 1 day after treatment. *Pineapple contains a botanical enzyme that decreases and improves bruising.*
- Apply Vitamin K gel twice a day to treated areas after the procedure.
- Avoid medications that may increase the risk of bruising. These include:
 - o Antibiotics, such as penicillin and cephalosporin
 - o Blood thinning medication, such as warfarin (Coumadin) and Plavix
 - o Chemotherapy medications
 - o Nitroglycerin, beta-blockers and calcium channel blockers used in treating heart disease
 - o Steroids, such as prednisone
 - o Non-steroidal anti-inflammatory drugs (**NSAIDS**), such as **aspirin, Ibuprofen (Motrin and Advil) and naproxen (Aleve)**
 - o Supplements, such as **Fish Oil, Ginkgo, Garlic, Vitamin E, Cod Liver Oil and St. John's Wart**
 - o If possible, please **discontinue NSAIDS or OTC supplements 7 – 10 days prior** to any injectable. This will help to minimize the risk of bruising. **DO NOT discontinue any prescription medication without the consent of the prescribing physician.**

Post-treatment

Avoid Alcohol and excessive salt for 48 hours and spicy foods if you had your lips filled.

No excessive heat, sun or saunas for 48 hours.

No strenuous exercise for 24 hours.

Do not massage or rub injected areas unless provider has specifically instructed you to.

Be gentle when cleansing face.

Apply make up very gently for the next 48 hours.

You may use Tylenol or Arnica.

Wear SPF 30 or higher.

Important information after soft tissue filler treatment

Swelling is normal following your treatment with injectable fillers and may last for several days.

Temporary lumpiness or asymmetry may also be present and resolve with time.

You may intermittently apply a cool pack or compress for the first few hours following your injection.

During the first three days, do not massage the area and try to minimize movement of the area.

Some people may experience bruising following their treatment with injectable fillers. Bruising is more common in patients who use aspirin, ibuprofen, and vitamin E, or many other herbal supplements. Bruising resolves in a few days and may be covered up with makeup on the morning following your injection.

If bruising does occur, we can treat it with a vascular laser to decrease the amount of time you have a bruise.

Moderate tenderness and redness are also normal for a few days following your injection. To reduce the possibility of swelling, avoid salty foods, alcohol and exercise on the day of your

treatment. Swelling may increase on the second or third day before it resolves. Sleep with your head elevated on pillows at night to reduce swelling.

If there is a visible lump or bump in the area of your injectable filler several days following treatment, you may massage the area to distribute the injectable filler. If there is a lump that you can feel, but not see, do not manipulate as this is normal. Most bumps, if present, will resolve in the first week following treatment.

It takes approximately 2-14 days until the effect is seen. If after 2 weeks you have questions, please call the office.

After you receive your injections, actively squint or smile for several hours after the injection without touching the area. If your neck bands are injected, it is normal to experience tightness in the area for several hours after injection.

YOU MAY NOT RECEIVE BOTOX® COSMETIC OR DYSPORT® INJECTIONS IF YOU ARE CURRENTLY PREGNANT, BREASTFEEDING, OR IF YOU HAVE MYASTHENIA GRAVIS.