



Before Treatment and after treatment for Botox and/or Fillers.

A. A week before you get Botox injections and dermal fillers, stop taking **aspirin, ibuprofen, Excedrin, Motrin, ginkgo biloba, ginseng, flax oil, cod liver oil, fish oil, vitamin A, vitamin E and other essential fatty acids**. Also, avoid drinking alcohol a few days before your treatment as this can increase the risk for bleeding and bruising at the treated site(s).

B. DAY OF INJECTION

- Wear as little to no makeup & lotion as possible.
- Make sure you have eaten, and your blood sugar is not low
- Make sure you have drunk plenty of water and are not dehydrated
- Dress in cool comfortable clothes.
- Come in at least 5 minutes ahead of your appointment if you would like numbing cream.

C. WHAT YOU SHOULD NOT DO AFTER TREATMENT

- No gym or exercise for 48 hours after injection
- You can use water-based makeup that day to cover any bruises. You can use heavier makeup in the next two weeks.
- Do not manipulate or massage or rub or poke the area.
- You can wash your face normally and gently.
- No facials for the first 2 week.
- Taking Arnica tablets/Gel/Cream and eating can reduce bruising and swelling
- **Avoid over analyzing results and avoid staring in the mirror or closeup zoomed selfies.**

D. WHAT TO EXPECT AFTER THE INJECTIONS?

- Bruising and swelling are to be expected.
- You will have some generalized soreness and sore/swollen spots from the needle.
- A little discomfort

❖ **TIPS**

- Filler results are immediate and change weekly just like a haircut. As the swelling goes down and as days and weeks pass you may feel that all the filler is gone but while **fillers** can last up to a year, the effect may need more frequent touch ups 2-3 times a year to “maintain results.”
- Toxins take up to 2 weeks to fully work. You may start to notice effect as soon as 3 days but do not be surprised if you must wait the full 2 weeks.
- Toxins wear off in 3-4 months on average and must be repeated 3-4 times a year
- No one is symmetric. Ever! You did not come in perfectly symmetric so please do not expect to leave perfectly symmetric.