

Botox/Dysport/Xeomin

Dermal Fillers

Things not to do:

1. Blood thinning medications (if possible) should be not be taken for a period of 2-7 days prior to treatment, and 48 hours after treatment. Blood thinners include: Aspirin, vitamin E, ginkgo, CO-Q10, St. John's Wart, Green Tea, anti-inflammatory (i.e. Motrin, ibuprofen), and heavy alcohol (particularly red wine). We realize this is not always possible, however blood thinners greatly increase the risk of bruising and swelling after injections. Minimizing those risks are always desirable.
2. If you are taking Plavix or Coumadin do not discontinue without your doctor's clearance.
3. Having your injections less than 2 weeks prior to a special event.
4. Touch, press, rub or manipulate the injected area for 6 hours after treatment. You can cause irritation, soreness, and/or problems, and possible scarring if you do. This includes NOT doing a facial peel, microdermabrasion, or laser for at least 3 weeks after treatment. These are ok prior to treatment.
5. Vigorous exercise, no straining, heavy lifting, and sun heat and exposure (including tanning beds and self tanning creams), and Retin-A for 2-3 days after treatment.

Things to do:

1. Clients are to arrive for there appointment with a clean face and no make-up.
2. If prone to cold sores, you may pre-treat with Valtrex or Acyclovir 24 hours in advance and continue for 1-2 days after treatment.
3. DRINK LOTS OF WATER. Hyaluronic acids hold 1000 times weight in water.
4. Take Arnica Montana and ice area for 24-48 hours to minimize swelling and bruising.
5. Washing with gentle cleanser and using light mineral make-up is OK.
6. Wear sunscreen when exposed to sun on a regular basis. We recommend Elta MD.