



Cosmetic Injection Treatment Instructions

(Botox & Filler)

Before treatment:

- Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.
- Omit lotions, creams, make-up or deodorant in area to be treated.
- Let us know of any changes in your medical history and of all medications you are taking.
- For 3 days to 1 week prior to filler injections, it is recommended that you discontinue the intake of blood thinning agents such as Aspirin, and aspirin-containing compounds, Vitamin E, Lovaza, fish oil and garlic supplements. These products increase your risk of bruising and bleeding.
- Please consult with your internist, prior to discontinuing any of these medications/supplements, to determine the advisability of stopping them.
- If you develop a cold sore, blemish, or rash, prior to your treatment, your appointment may have to be rescheduled.
- Although there are no rigorous clinical trials demonstrating the efficacy of Arnica Montana in preventing or decreasing bruising following filler injections, many patients find it helpful.
- It is suggested that 4 – 5 Arnica Montana pellets be placed under the tongue before the procedure, and continue as directed on the bottle. Arnica is a homeopathic preparation found in health food stores. Please consult with us regarding Arnica, before taking it on your own.
- Schedule your treatment at least 2 weeks in advance of a special event or vacation.

During and immediately after treatment:

- Local numbing medication (a topical cream) may be used to maximize your comfort during the procedure.
- You may experience a mild amount of tenderness or stinging sensation following injection.
- Bruising, swelling and/or redness may occur after treatment.



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Post treatment:

- Make-up may be applied after any pinpoint bleeding from the injection sites have subsided.
 - Do not rub or massage the treated areas. When cleaning your face or applying make-up, use gentle, sweeping motions to avoid excessive pressure on the skin.. Pat dry.
 - Avoid strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities immediately. Remain upright for 4 hours post treatment.
 - Tylenol may be taken for mild tenderness or discomfort. Avoid aspirin or aspirin containing products, which may increase your potential to bruise.
 - Avoid drinking alcohol for a minimum of 12 hours to avoid bruising or swelling.
 - Avoid extended sun exposure until any redness or swelling have subsided. Apply an SPF 30 or higher sunblock to the treated areas.
 - Results will be fully developed at one week, and will likely wear off at from 3 to 6 months. If additional Botox is desired, call to schedule an appointment at that time.
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- **Please call the office 212-230-1212** if, over the next week, you notice persistent redness, or swelling.