

Pre Treatment Instructions for Botox and Dermal Filler

Chadha MD Aesthetics

In order to minimize the risk of possible side effects and complications of injections please follow these steps:

DAY OF TREATMENT: if possible please avoid wearing makeup to your appointment. You may apply makeup afterwards if necessary.

Pre-Treatment Instructions

- Do **NOT** consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising). Avoid alcohol for 72 hr. Post treatment.
- To reduce swelling and bruising start taking Arnica or Bromelain 4 days prior to treatment (available at Whole Foods, Health food or Vitamin Stores)
- **Avoid anti-inflammatory/blood thinning medications**, if possible for a period of **5-7** days 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.
- Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event such as a wedding or a vacation. Any potential bruising and swelling may be apparent in that time period.
- Avoid dental work (including standard teeth cleaning) at least 2 weeks following treatment. Avoid oral surgery at least 1 month prior to and following treatment.
- Reschedule your appointment at least 48 hours in advance if you have a rash, cold sore or blemish on the area.
- **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.**
- **You are not a candidate if you are pregnant or breast-feeding.**