

PRE-TREATMENT INSTRUCTIONS

1. For optimal results and to decrease the change of bruising at the injection site, please avoid all blood thinning medications and supplements for 1 week prior to your appointment. Avoid taking Aspirin and non-steroidal, anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or other blood thinners for a medical condition.
2. Injectable fillers cannot be done if you have had any dental procedures, including routine cleanings two weeks before or after your filler appointment.
3. You may not be pregnant or nursing.
4. During your treatments, notify your provider of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

DURING TREATMENT INSTRUCTIONS

1. During your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. Your provider is always available to respond to any questions, concerns, or comments you may have.
2. Beauty By ME, LLC takes every possible precaution to ensure your comfort while undergoing treatments. Your provider, Megan Eppens, FNP-BC, has been specially trained in cosmetic injection techniques. She will be diligent in minimizing any discomfort, reducing the risk of bruising, and enhancing your treatment outcomes!

POST-TREATMENT INSTRUCTIONS (THESE INSTRUCTIONS WILL BE SENT TO YOUR EMAIL THE DAY AFTER YOUR VISIT, ALSO. YOU CAN REQUEST A PAPER COPY DURING YOUR VISIT)

1. **Important Safety Information:** Serious heart problems and serious allergic reactions have been reported, rarely. If you think you're having an allergic reaction or other unusual symptoms, such as difficulty swallowing, speaking, or breathing, call your doctor or emergency services (911) immediately. The most common side effects following cosmetic injections includes temporary localized pain, inflammation, tenderness, swelling, redness, and/or bleeding/bruising. Additional temporary side effects may include infection at injection site, eyelid droop and nausea. Patients with certain neuromuscular disorders such as ALS, myasthenia gravis, or Lamber-Eaton syndrome maybe at increased risk of serious side effects.
2. **To avoid bruising:** Avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin for several days. Tylenol is recommended if needed for discomfort.
 1. If you do develop a bruise it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer. Swelling in the lips usually last for 2 days but can last up to 1 week; and the lips may appear uneven until the swelling subsides. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort
3. **To maximize your results and prevent adverse effects:**
 1. Stay in erect posture for 4-6 hours after treatment.
 2. Avoid rubbing, massaging, or scrubbing injection sites for 24 hours after treatment.
 3. You may exercise facial muscles (squinting/scowling/smiling) for 4-8 hours following your injections if desired.

4. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
 5. Makeup may be applied immediately after the treatment if desired.
 6. Cold compresses may be used 10 minutes on 10 minutes off to reduce swelling 2-3x per day during the 1st 1-2 days if needed.
 7. In order to allow the dermal filler to stabilize, avoid overly excessive movements of the muscles in your face for the 1st couple of days, especially during the 1st 6 hours after treatment.
4. **No facials, chemical peels, or laser treatments for 3 days after the injection treatment.** Facials, chemical peels, laser, and light treatments may be done immediately prior to your treatment. Dermal filler (e.g. Juvéderm®) may be injected immediately before or after your Botox®/Xeomin®/Dysport® treatment.
 5. **Follow Up Appointment:** If the desired level of correction has not occurred by day 14, additional injections may be needed. If you have any questions, prospective adverse reactions, or concerns regarding your injection treatment, including that the treatment 'didn't work', you must contact Beauty By ME, LLC within 2 weeks from the time of treatment to make arrangements to be evaluated, again. If you do not contact Beauty By ME, LLC within 2 weeks from the time of treatment, then Beauty By ME, LLC may not be able to accurately determine whether the question or concern is directly related to the procedure. Please note: Additional units of cosmetic injections will be charged at the current injection price for any additional 'touch-ups' that may be warranted.
 6. **Botox®/Xeomin®/Dysport®** injections relax muscles to smooth away dynamic forehead lines, and crow's feet. However, they do not remove static or 'fixed' lines. If you still have visible fixed lines after your cosmetic injections have taken full effect, you may need additional treatments.
 7. **Botox®/Xeomin®/Dysport®** typically lasts 3-4 months. It is not necessary to wait 3 months to return for treatment; you may return for your next treatment as soon as there is more movement or wrinkles in the treatment area than you would like. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging and preventive benefits.
 8. **Dermal Filler/Juvéderm®:** Like any cosmetic procedure, there is no guarantee that wrinkles and folds disappear completely, or that you will not require additional treatments to achieve the results you seek. While the effects of filler lasts 6-12 months, the procedure is still temporary. Additional injections will be required periodically, generally within 6-12 months to maintain optimal results. It is normal to feel hard lumps after injections, these usually resolve by two weeks. However, if you have a painful lump, blanching of the skin (stays white when pressed), or open sores that develop, please call the office immediately. If this occurs after office hours, please go to the nearest Emergency Department as immediate intervention may be needed to prevent permanent complications.