



Botox & Cosmetic Filler Pre and Post Care Treatment Instruction

Contact our office via phone call or txt with any questions or concerns at 830-461-5252

Pre-Treatment Instructions

- Inform your provider if you have a history of cold sores
- Schedule your Dermal Filler or Botox appointment at least 2 weeks prior to any special events
- Avoid anti-inflammatory/blood-thinning medications for 1 week before treatment if possible
 - *Ex: aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS*
 - *Avoid alcoholic beverages at least 24 hours prior to treatment*
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish on the area to be treated
- Be sure to have a good breakfast before your procedure to avoid lightheadedness during treatment
- You may take Arnica starting 2 days prior to treatment to help reduce bruising/swelling
- You are not a candidate if you are pregnant or breastfeeding

Post-Botox Instructions

- Do NOT manipulate or massage the treated area
 - No facial, microdermabrasion, or laser treatments after Botox injections for at least 14 days (ask your provider if you are not sure about the time frame of certain services)
- DO NOT lie down for 4 hours after treatment
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 4 hours after treatment
- Avoid traveling via airplane for at least 24 hours after treatment
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of treatment, then you may need additional Botox. You are charged for the amount of product used; therefore, you will be charged for any touch-up treatments.

Post-Dermal Filler instructions

- Do NOT manipulate or massage the treated area, unless instructed by the provider
- Avoid strenuous exercise for 24 hours
- Avoid extensive sun or heat for 72 hours
- Avoid consuming excess amounts of alcohol or salts to prevent swelling
- If you have significant swelling:
 - Apply a cool compress for 15 minutes every hour and/or take OTC Benadryl
 - Try to sleep face up and slightly elevated
- Take OTC Tylenol for any discomfort
- Take OTC Arnica to help reduce any bruising
- You may feel lumps or bumps, but these will settle within 2 weeks. Contact our office should these not resolve within this time frame

Pre-Kybella Instructions:

- DO take ibuprofen or Motrin, or Advil 600mg about 1 hour before your appointment.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- DO inform your nurse or physician if you have a history of DIFFICULTY SWALLOWING, medication allergies, history of anaphylaxis, and any other medical problems.

Post-Kybella Instructions:

- After the treatment, DO hold ice packs on the areas that are treated with Kybella gently for a few times that day.
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- DO resume all normal activities include exercise as long as it is comfortable for you.
- DO take ibuprofen, motrin, or advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. Examples: Dermablend (available at CVS or Macy's) or Colorescience Corrector Palette. Remember to schedule your next appointment in 6-8 weeks. Kybella requires 2- 6 sessions for optimal treatment. We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.