

Pre and Post Instructions for Neuromodulators and Dermal Fillers

To minimize the risk of possible side effects / complications from injections, please follow these simple guidelines:

Pre-Treatment Instructions – Neuromodulators & Fillers

- DO NOT consume alcoholic beverages at least 24hrs prior to your treatment (increases the risk of bruising)
- Avoid anti-inflammatory / blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, Vit E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oils, NSAIDs (Advil / ibuprofen / Aleve / Motrin, etc.) have blood thinning effects and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event for a couple of reasons – 1) results can take up to 2 weeks for full effect (botox); 2) bruising and swelling, should they occur, allows time for their resolution.
- We highly recommend taking Arnica supplement for at least 3 days prior to your treatment, especially so with filler, to help minimize the risk of bleeding and bruising. (Can be purchased at Paris Natural Foods)
- Discontinue Retin-A (tretinoin) 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24hrs in advance if you have a rash, cold sore or open wound in the area being treated. If you have a history of cold sores, please let us know as we can prescribe an anti-viral medication pre-treatment.
- Be sure to eat and be well hydrated before your procedure. This will decrease the chances of becoming light-headed during your treatment.
- You are NOT a candidate if you are pregnant or breastfeeding.

Post-Treatment Neuromodulators (“botox”)

- DO NOT lie down or manipulate the treated area for 4hrs following neuromodulator treatment to the upper face. This will prevent the botox from tracking down into the orbit of the eye and causing a drooping eyelid (ptosis).
- DO NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6hrs after treatment. This will keep the neuromodulator in the injected area and not travel elsewhere.
- DO NOT receive facial/laser treatments or microdermabrasion after neuromodulator injections for at least 10 days. Ask your provider if you are not sure about timeframe of certain services.
- Some providers believe that contracting the muscles treated with neuromodulator (i.e., making facial expressions such as smiling, frowning, etc.) helps the botox find its way to the muscles into which it was injected.
- It can take approximately 4-7 days for results to be seen, sometimes up to 14 days. If the desired result is not seen after 2 weeks of your treatment, you may need additional botox. You would be responsible to pay for any additional product used during any touch-up or subsequent appointments.

Post-Treatment Instructions Dermal Fillers

- Avoid significant movement or massage of 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 avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 3 days prior to injections.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email np@lipsnlines.ca