

PRE-TREATMENT INSTRUCTIONS:

- **1 week** before treatment: Avoid taking blood thinners such as: Aspirin, NSAIDS (Ibuprofen, Advil, Motrin, Aleve, Vioxx), St. John's Wort, Fish Oil, Ginseng, Gingko Biloba and high doses of Vitamin E supplements (These may increase bruising and bleeding at the injection sites). Please inform us if you are taking Coumadin, or Plavix.
- **24 hours** before treatment: Avoid alcoholic beverages.
- Eat something prior to your appointment.
- Preferably schedule treatment at least **2 weeks** before a special event.
- Please notify us if there is any change in your medical history since your last office visit.
- If you have previously suffered from facial cold sores, you may need medications to minimize their reoccurrence.
- Consider Arnica Montana tablets (available at our office for an additional fee) to help prevent bruising.
 - Take your first dose before the procedure begins and continue use for 5 days after.
- Consider Bromelain, it is a natural enzyme extracted from the root of the pineapple stem, and is beneficial for reducing swelling and bruising and helps accelerate healing.
 - Begin taking Bromelain 500mg twice daily 3 days prior to procedure and continue for 3 days after. It should be taken between meals preferably on an empty stomach. Do not take if you are on aspirin, Coumadin, or Plavix. You can purchase Bromelain at a health food store such as GNC.

POST-TREATMENT INSTRUCTIONS:

- For **1 week** after treatment: Continue to avoid taking blood thinners (Listed above).
- Do not massage the treatment site.
- Consistent repeated treatments will produce the best resolution of wrinkles.

Botox/Dysport

- Avoid lying down for a minimum of **4 hours**, and physical exercise for at least **24 hours** after treatment.
- Facial exercise in the area of treatment is recommended (frown/smile for 1 hour)
- Treatment effect may take 3-10 days to start showing. The benefits may last from 2-6 months.

Restylane/Juvederm

- Following your treatment, you may experience redness, swelling, and bruising for 72 hours up to 2 weeks. Itchiness may also occur.
- Apply a cool compress immediately after treatment to decrease swelling.
- May apply topical Arnica to reduce bruising (See above for Arnica Montana and Bromelain instructions).
- Call our office if you notice an **increase** in pain and swelling after 3 days.
- The benefits may last from 6-12 months.

If you have additional questions prior or after your treatment, please call our office at: **(408) 295-2580**