

## **Filler Care Instructions**

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs (i.e. Ibuprofen, Advil®, Motrin®, Aleve®), fish oil, ginkgo biloba, St. John's Wort, and high doses of vitamin E for 7-10 days prior to the procedure and 5 days after the procedure, as these may cause increased risk of bleeding and bruising at the treated site(s). Regular multi-vitamin and Tylenol® are permitted (If not contraindicated).
- Inform your physician of all allergies and medications, including supplements you may be taking as well as your medical history.
- If you have any history of herpes simplex (cold sores) on your face, please inform us at least one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid dental procedures (including cleaning) 2 weeks pre filler and 2 weeks post filler.
- Redness, swelling, bruising, and tenderness are normal after injection. Bruising and swelling will be worse for the first 24-48 hours after you receive your filler.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness.
- Refrain from strenuous activity or exercise for the remainder of the day following your injection(s).
- Make-up may be applied a few hours after the treatment, if no complications are present, such as open wounds, bleeding, or infection.
- In the first 24 hours following treatment, limit exposure to sunlight and consumption of alcoholic beverages. These may cause a temporary increase in redness, bruising or swelling at the injection sites. If sun exposure is unavoidable, use a sunscreen with an SPF of 30 or greater, combined with zinc oxide and/or titanium dioxide.
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments.

***If you have any questions, please do not hesitate to call (314) 834-1440***

## **Botox Care Instructions**

- Inform your physician of all allergies and medications, including supplements you may be taking as well as your medical history.
- Do not touch or rub injected site for 2-4 hours following treatment. Avoid exercise and sweating for the remainder of the day and no lying down or leaning forward for 4 hours after treatment.
- Avoid saunas, steam rooms, and hot tubs for the remainder of the day of treatment.
- Please be aware that some, though very few patients, experience a mild headache. You may take Tylenol to help with this if needed.
- There can be a slight chance of bruising at the treated site, this is temporary. Be assured that any tiny bumps or marks will go away within a few hours of treatment.
- Make-up may be applied a few hours after the treatment.
- After botulinum toxin is placed into the targeted muscles, the weakening effect gradually begins anywhere from 3-7 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks.
- Treatment will last approximately 3-4 months at first. However, if you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than 4 months.

***If you have any questions, please do not hesitate to call (314) 834-1440***