



PLASTIC & RECONSTRUCTIVE SURGERY & MED SPA

BOTOX & FILLER

Treatment Instructions

BOTOX & FILLER PRE-TREATMENT INSTRUCTIONS

2 WEEKS BEFORE TREATMENT

- **Food and medication to Avoid.** Two weeks before your appointment try to avoid nuts, seeds, fish, fish oil, NSAIDS, supplements, and anything that prolongs bleeding. This will significantly help minimize bruising, bleeding, and swelling.
- **Arnica.** You can start Arnica supplements a week prior to your injection to help with post injection bruises. Arnica helps to speed up the fading away bruises.
- **Medication and Supplements:** Talk to your primary care doctor or physician specialist. If you are on blood thinners, you may need to stop these a few days to weeks prior to your treatment. Speak to your prescribing physician regarding safety of stopping and restarting these medications. We do not recommend patients that are on life saving medications stop their medication to have any cosmetic procedures performed.
- **Prevention of Cold Sore: Patient prone to cold sores may need to start prophylaxis dose of an antiviral** medication prior to your treatment if they feel it is necessary.

DAY OF INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to “pass-out” or get lightheaded during their injection. Having a good blood sugar and being hydrated will make it less likely that you will feel queasy during your treatment.
- **Minimize make-up and lotions.** Minimize make-up, in and around areas where you would like to get injections performed. Our medical assistants will remove your make-up prior to treatment. You can bring make-up with you to apply immediately after treatment.
- **Topical numbing:** If you would like topical numbing cream application prior to dermal injections. the numbing cream needs a good 20-30 minutes to exert its full effect. We ask all our filler injection patients who would like topical numbing cream, to come a little earlier to allow for numbing time.



PLASTIC & RECONSTRUCTIVE SURGERY & MED SPA

Botox and Filler Post Treatment Instructions

After your filler injection it is normal to have some swelling, pinpoint bleeding, and bruising. If numbing cream was applied for your procedure, you will still feel numb for another 1-2 hours after your procedure. Please be sure to follow our post procedure instructions to minimize swelling, bruising and decrease downtime.

- **Ice:** Dr. Collins will provide you with a cold gel pack following your filler procedure. Ice for 20 minutes on and 20 minutes off. Continue for 24 hours while you are awake. Ice is not usually necessary following Botox injections unless there was bleeding following the injection.
- **Minimize strenuous exercise:** We recommend no strenuous exercise for 48 hours to reduce swelling and bruising from filler injections.
- **Do not manipulate or massage or rub or poke the area:** Unless specifically advised by your physician, do not massage, or manipulate your face. For one week avoid facials or rough scrubbing of the face. You may wash your face gently.
- **Use make-up and concealer to cover up bruises:** You can use make-up and concealer the day of your injections to cover up bruising. We recommend Oxygenetics make-up for the immediate post-injection period for good coverage and safety around injection sites.
- **Non-surgical rhinoplasty patients** should avoid glasses if they dig into the injection region. Bring your glasses to your appointment to show Dr. Collins if they would be appropriate to wear after a non-surgical rhinoplasty. Additionally, if you are an avid swimmer, you may not be able to wear your swim goggles following the procedure.
- **Eat pineapples and drink pineapple juice:** Pineapples have a natural anti-inflammatory property to them that helps minimize swelling after injections.
- **Do not over-evaluate your face for the first two weeks:** The first two weeks after injections it is normal to have bruises, swelling and asymmetry. We recommend waiting two weeks for swelling, bruising to be completely gone before you can appreciate your final results.
- **Take Tylenol for pain:** It is normal to experience some pain and sensitivity at the injection area. Most patients find that Tylenol can relieve this post-injection pain. Avoid NSAIDS such as Motrin and Ibuprofen as these can make swelling and bruising worse.



PLASTIC & RECONSTRUCTIVE SURGERY & MED SPA

What to expect

- **Botox®/Dysport® Effects:** Botox®/Dysport® take up to two weeks to show their full effect. You may start to see the effects as soon as three days, but do not be surprised if you must wait the full two weeks. As the effect progresses, you will see progressive relaxation of the treated muscles. Botox®/Dysport® wear off in 3-4 months on average and must be repeated 3-4 times a year.
- **Bruising:** Bruises may last 1-2 weeks. Bruises can show up several days after the procedure. Bruises can be covered with full coverage concealers. Tear troughs, lips and marionette lines are more likely to bruise because these areas are more vascular than other parts of the face and the level of injection is in the plane where the dermal blood vessels live, so they are more likely to be broken by the needle causing some minor bleeding under the skin.
- **Swelling:** Swelling may not always be even from side to side depending on pre-existing facial asymmetry, volume filler injection and bleeding at each injection site. Initial swelling takes two weeks to settle. Sleeping propped up and icing can minimize this side effect. Avoid exercise for the first 48 hours or longer as swelling increases when working out. Do not manipulate or massage the area as this may aggravate swelling.
- **Asymmetry:** asymmetry can be related to swelling. We advise waiting 2 weeks to see if asymmetries are due to swelling or are from filler. Please keep in mind that once you start to analyze your face, it is not rare to “notice” new asymmetries that have been there your entire life.
- **Lumps and Bumps:** Filler will feel firmer than your own tissue. Do not massage or manipulate the area. The feeling of lumps and bumps will usually improve within two weeks.
- **Subtle results:** A 1cc syringe of filler is the equivalent of 1/5th of a teaspoon in volume. After swelling subsides, there may be a need for additional filler injection if you desire increased volume. In many cases, people come to see Dr. Collins with a significant loss of facial volume. She will offer two pathways to achieve your goal of volume replenishment. One pathway is to add volume slowly over the course of several visits, several weeks apart. This slow progression will not make major changes at once as you gradually achieve your desired volume goals. This is an a la carte approach and each syringe will be charged individually. Another approach is to have a **liquid facelift**. In this treatment, Dr. Collins will use as much filler as is needed to correct the volume. There is a flat rate for this treatment which is results driven. You will then return after two weeks when your filler has had a chance to settle, and the swelling has subsided, and we will see if there is a need for a touch up. Dr. Collins will touch up the filler and Botox® at that time for no additional charge.
- **Dry Lips:** Lips will tend to feel drier after injections. Ice the area and keep the lips lubricated with Dr. Collins’ “Pour La Bouche” lip balm. We will give you your favorite flavor when you have had your lip injections...but beware...you will be hooked when you try it!!



PLASTIC & RECONSTRUCTIVE SURGERY & MED SPA

When to contact us

Please notify our office immediately if you feel that you may be experiencing any of these possible complications after your filler injections:

- **Hypersensitivity or allergic reactions**
- **Cold sore or Herpes Simplex Virus outbreak**
- **Acne breakout**
- **Changes in skin sensation**
- **Unexpected inability to move parts of your face**
- **Signs of infection, fever, redness, warmth**