Post Care Instructions Toxins

Pre Treatment Instructions

Pre-Treatment Instructions for Botox and Fillers:

- Schedule your Dermal Filler appointments at least four (4) weeks prior to a special event such as a wedding or a vacation to allow for complete healing and optimal results.
- Results from the Dermal Filler and Botox injections will take approximately four (4) to seven (7) days to appear. Mild bruising and/or swelling may also be visible during this time period, particularly for fillers.
- Reschedule your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area.
- If you have a history of cold sores, please let your provider know. They may elect to put you on an anti-viral medication prior to treatment.
- Avoid blood thinners if at all possible, prior to and after aesthetic procedures. Patients that bruise easily, or who take blood thinners including frequent use of NSAIDs may bruise more.
- Please be patient and allow additional time for final results.
- Avoid alcoholic beverages at least twenty-four (24) hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- If you would like to minimize the risk of bruising after treatment, please consider these options. They would generally need to be ordered online or purchased in advance of treatment. Please note, this is entirely optional and at your discretion:
- Homeopathic Arnica Montana ointment, or SinEcc (pill form). Usage depends on the formulation. For ointment, apply to bruising three (3) times a day. For capsules, it’s typically, one pill three (3) times a day for four (4) days beginning the day of treatment.
- Bromelain (homeopathic medicine)
- Good nutrition and fresh fruit consumption (pineapple and papaya recommended)
- Ocumend gel pads (available online) keep the Botox in the injected area, and prevent it from possibly migrating elsewhere, reducing optimal results.