

## **Botox and Soft Tissue Filler Pre and Post Treatment Guidelines**

### **Overview:**

**Botox and Xeomin** are FDA approved for temporary treatment of moderate to severe frown lines and wrinkles associated with muscle movement. Treatment areas include the “elevens,” “crow’s feet,” and around the mouth.

**Soft tissue fillers** are FDA approved to lift and contour cheeks, correct lost facial volume and improve moderate to severe facial wrinkles and folds. Depending on which filler and each individual’s ability to metabolize, results can last 6-14 months.

### **Pre-Treatment Guidelines:**

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase 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, vitamin E, Ginkgo Biloba, Ginseng, St. John’s Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections
- Schedule injectables at least 2 weeks prior to a special event
- If you are pregnant or breast feeding, we cannot treat you
- You may have injectable treatments the day of a laser, chemical peel, facial **BEFORE** your injection

### **Post Treatment Guidelines:**

- Avoid significant movement or massage of the treated area right after the procedure unless your medical provider directs you otherwise
- Ice as needed to reduce swelling (bag of peas, cool compress or crushed ice)
- You may experience bruising, soreness, tenderness, swelling, tingling and firmness from 24 hours up to 2 weeks post filler
- If you bruise, apply arnica gel or take an oral homeopathic arnica tablet ([www.amazon.com](http://www.amazon.com) or your local health food store)
- We recommend Jane Iredale Circle Delete to camouflage bruising (Nordstrom or [www.amazon.com](http://www.amazon.com))
- Avoid strenuous exercise for 24 hours; pools, hot tubs and saunas for 72 hour post procedure
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling
- Avoid direct sun exposure for two weeks; wear sunscreen daily
- Take Tylenol for discomfort
- Use mild skin care products and gently cleanse the treatment area; avoid scrubbing and rubbing
- Wait 2 weeks before you have any laser, facials, chemical peels, facial waxing
- Try to sleep face up and slightly elevated if you experience swelling