

# **Botox<sup>®</sup> and Dermal Fillers Pre Augmentation Care**

## **Immediate Care:**

- To avoid bruising it is best not to take any pain relievers or any anti-inflammatory that are blood thinners such as aspirin, Tylenol, Advil, Motrin, or Vitamin E.
- Avoid alcohol for a few days before treatment since it, too, is a blood thinner.
- Do not use Botox<sup>®</sup> if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids.
- Inform your clinician if you have a history of Perioral Herpes or facial sores to receive advice on antiviral therapy prior to treatment.
- Always inform your clinician of all medications you may be taking as well as your medical history.
- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- It is strongly advised that treatment with topical Auriderm<sup>®</sup> and the homeopathic oral medication, arnica montana, begin the day before treatment to help promote healing and minimize bruising and swelling. Both medications are available at health food super markets such as wholefoods.

## **Additional Instructions:**

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