

TIMELESS.

LASER & BODY CLINIC

Botox and Dermal Fillers:

Pre Treatment:

- 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, Gingko Biloba, Ginseng, St. Johns 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 your Botox or Dermal Filler appointment at least 2 weeks before a special event you may be attending. Results from Botox injections take 4-7 days to appear. Also, bruising and swelling may be apparent in that time period.
- Discontinue Retin-A 2 days before and 2 days after treatment
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish in the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti viral medication prior to treatment.
- Be sure to have a good meal before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are Pregnant or Breastfeeding.

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Post Treatment of Botox:

- Do not manipulate the treated area for 3 hours following treatment. Do NOT receive facial, laser treatments or microdermabrasion or microneedling after Botox injections for at least 10 days after treatment.
- You can smile/frown/move the muscles around and in the treated area right after Botox treatments to help the Botox find its way into the muscle which is was injected into. Although this is not necessary.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing a dropping eyelid.
- It can take approximately 4-7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment, you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

Post Treatment of Dermal Fillers:

- Avoid significant movement or massage of the treated area. Unless instructed by the doctor.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.