

IMPORTANT TIPS ABOUT FACIAL INJECTION TREATMENTS

Facial injection treatments are highly subject to **bruising**, especially in the areas around the outer eyes, mouth and chin. Please do not schedule within 2-3 weeks of an important social commitment as we cannot guarantee the extent or length of time for the bruising you will have. The areas around the eyes and mouth are most likely to bruise.

Stop all blood thinning medications 7-10 days prior to the treatment, unless you are taking them under the direction of a physician who has advised you not to. These include: Aspirin, Ibuprofen, Naproxen, Motrin, Aleve, prescription blood thinners (consult with your prescribing physician about the safety of withholding your prescription medications), vitamin E, garlic, and most herbals. *These types of medications will not likely alter the outcome but will increase your potential for bruising.*

Some benefit from taking the homeopathic remedy known as **Arnica**, that can be taken the day of the treatment to help minimize bruising. The generic version (arnica tablets) may be purchased at certain health food stores in small tablet form, which could be taken a day or two before the appointment, or we have treatment packs for purchase in our office as well. Please consult with the health food pharmacist about recommended dosage and possible side effects or drug interactions. Arnica also comes in a topical cream or gel form at any drugstore for post-procedure bruising and swelling.

Consider eating **fresh pineapple** beginning the day before the procedure and continuing for two days after. It contains an enzyme that can help with bruising and swelling. Some patients prefer to purchase and take the herbal supplement Bromelain, a similar enzyme, also available at the health food store.

Be prepared for post-procedure. Ice packs are helpful for the first 12 hours after treatment. After that, you may find alternating between cool and warm compresses to be the most effective. Tylenol can help with post procedure pain if necessary.

Consider taking a supplement containing high levels of **ZINC** for a few days before and after Botox injections to boost the effect and possibly increase the timeframe of its effectiveness.

Most patients return to work right afterwards or the next day. Be prepared by having a good makeup concealer/camouflage product available. Dermablend or CoverBlend are the industry standards for covering bruising, found at department stores such as Dillards or Ulta. If you have never used a concealer, make sure you get application tips from the makeup retailer!

No exercising for 24 hours post-procedure is critical to avoid complications. If you do experience bruising or swelling, you may need to hold off on vigorous exercise for several days.

Fillers such as Juvederm and Restylane tend to expand due to water absorption. Stay well-hydrated for the first 48 hours after the treatment. You may notice over time that the products look better on days you are well hydrated. Caffeine-containing drinks de-hydrate your body and skin, so limiting your intake can help make your skin look younger and plumper. If you are getting your lips injected for added volume, please note that you will continue to swell for up to 48 hours after the procedure, and the swelling may last up to two weeks. **The way your lips look with post-procedure swelling WILL NOT be the final look—please be patient!**

If you have a history of developing cold sores, it is a good idea to plan on taking over the counter or prescription cold sore medication prior to treatment of the lips and area around the mouth since injections could instigate an outbreak.

Botox injections should only be done at least 90 days apart to get the best overall benefit. If you desire minor Botox touchups prior to your next full treatment, you must wait at least 2 weeks for the product to be in full effect. Fillers can last for 6-18 months, though additional product can be added or other areas treated at any time.

IMPORTANT APPOINTMENT AND PAYMENT INFO!!

These are delicate and time-consuming procedures, generally scheduled for at least 30 minutes for Botox and up to 60 minutes for combined Botox and Filler sessions. You have spent time prepping and we have allowed time in our schedule just for you. If you change your mind about having the procedure or how much product you want, please make sure to contact us well in advance to alter your scheduled time (downgrade fees will be assessed without advance notification).

Cancellations or changes to the treatment plan without at least 24 hrs' notice are subject to a \$75 booking fee.

We want to focus completely on you and offer the safest environment possible, so please make sure you have made other arrangements for infants or toddlers who cannot be left alone in the waiting room or be in the room with you during your procedure.

Payment may be made by **cash, debit/credit card**. **Care Credit** may be used for purchases over \$200 (no personal checks please).

If you are already a **Brilliant Distinctions** rewards member, please *make sure you have activated your rewards coupon prior to your appointment* so we can apply the credit at checkout. If you are a new injection patient, please consider applying for the rewards program by downloading the app on your phone (Brilliant Distinctions®) to earn points for each treatment.

Injection treatments can make a great difference in your overall appearance with limited downtime. No one will know, but they will definitely notice! We look forward to treating you!