



75-5995 Kuakini Hwy. Suite 441, Kailua Kona, Hawaii 96740  
Phone 808-339-3595 Fax 808-885-9793

## **Botulinum Toxin and Dermal Filler Pre and Post Treatment Instructions**

### PRE TREATMENT

- If you are pregnant, breast-feeding, or trying to become pregnant, please alert your provider, as you are not a candidate at this time.
- 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 1 week 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 your Dermal Filler and Botulinum Toxin appointment at least 2 weeks prior to a special event, which you may be attending, such as a wedding or vacation. Results from the Dermal Filler and Botox injections will take 7-14 days to appear. Also, bruising and swelling may be apparent in that time period.
- Discontinue Retin-A and retinols 2 days before and 2 days after treatment.
- Reschedule your appointment at least 48 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.

### CONTRAINDICATIONS

- Neurological disease including but not limited to myasthenia gravis, multiple sclerosis, Lamber-Eaton syndrome, amyotrophic lateral sclerosis (ALS), Bell's Palsy and Parkinson's.

- Allergies to the toxin ingredients, or to human albumin.
- Dairy Allergy
- Pregnancy or Breastfeeding

#### POST TREATMENT: Botulinum Toxin (Botox, Dysport, Jueveau, Daxxify)

- Do NOT manipulate the treated area for 3 hours following treatment.
- DO NOT receive facial/laser treatments or microdermabrasion after Botulinum toxin injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- No straining, heavy lifting, vigorous exercise for 3-4 hours following treatment. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve terminal to start its work, and we do not want to increase circulation to inadvertently move the Botulinum toxin from where it was injected. This waiting period continues to be recommended by most practitioners.
- Do NOT lie down for 4 hours after your Botulinum toxin. This will prevent the Botulinum toxin from tracking into the orbit of your eye and causing drooping eyelids.
- It can take approximately 5 to 14 days for Botulinum toxin results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional botulinum toxin. 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.
- If your upper lip was treated you will not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Re-treatment is typically needed between 2-6 months.
- Regular injections usually yield a longer lasting Botox result.
- Although rare, infection in the injected area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.

#### POST TREATMENT: Dermal Filler

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- If you would like to reapply makeup, please do so gently over the treated area.
- Do not wear a baseball cap, hat, helmet or snorkel mask for 24 hours if the forehead was treated. Please avoid heavy exercise or sweating for the first 24 hours after treatment and also avoid any compression of the area. (No swimming goggles after an injectable filler treatment of the cheeks or tear troughs).
- Avoid extensive sun or heat for 72 hours.
- Do not fly for at least 2 weeks post filler treatment.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.

- If you have swelling or pain you may apply a cool compress for 20 minutes each hour.
- You may wish to take a regular dose (325 to 1000 mg – depending on your size) of plain Tylenol every 4-6 hours after your treatment for a day or so. This will generally make you more comfortable.
- We recommend you AVOID Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment.
- 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.
- Please remember, one side may heal faster than the other side.
- Regarding your lips: “Don’t love them or hate them for 2 weeks”. You must wait 2 weeks before retreating or correcting.
- Other types of reactions are very rare, but occasionally some patients have experienced other reactions. Please be sure to review the consent form for further details.

We would like to see you back after your treatment in 2 weeks for a quick check of your treatment outcome. If you have any further questions or concerns please call us at (808) 339-3595.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.