



## BOTOX® & Filler Procedure

### Pre & After Care

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## BOTOX® & Dermal Fillers

Selecting a provider for your cosmetic procedure should be given as much consideration as would any other surgical procedure. Your provider should have extensive knowledge and skill to ensure your treatment will be safe and your outcome will give you the most natural-looking results. This requires extensive training in cosmetics and injectable treatments, extensive knowledge of facial anatomy, a well developed artistic eye, along with the precision and skill of a surgeon.

## BOTOX® Cosmetic - Wrinkle Reduction

This is by far the most requested cosmetic procedure treatment nationwide, helping millions of patients fight wrinkles and rejuvenate their appearance. BOTOX® is a simple non-surgical, prescription medicine that is injected into muscles and used to temporarily improve the look of moderate to severe wrinkles and lines.

BOTOX® is a natural, purified protein prescription medication that is administered in very low doses. The effects are usually only confined to the injected region. It does not travel throughout the body. It is FDA-Approved and over 20 years of clinical use has proven it safe.

### Before Treatment

- **Avoid taking aspirin** or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin and high doses of vitamin E for 7-10 days prior to procedure, as these may cause increase risk of bleeding and bruising at the treated site(s). Regular multi-vitamin and Tylenol® is permitted (if not contraindicated).
- **Avoid alcoholic beverages for 24 hours** prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- **Avoid waxing**, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- **Take Tylenol® 1 hour** prior to your appointment to help with any discomfort you may have, if you have concerns about discomfort.
- **Sunburn skin** is difficult to treat so avoid exposure to the sun.
- **Eat a small meal** or a snack before your appointment.
- **Always inform your doctor of all medications**, including supplements you may be taking as well as your medical history.

### Precautions

You would not be considered a candidate for BOTOX® if you have any of the following:

- Myasthenia Gravis
- Allergy to Botulinum Toxin
- Neuromuscular disorder
- Pregnant or breastfeeding

### Aftercare Instructions

The goal for the aftercare is to encourage optimal treatment results. It can also minimize the risk of bruising and spreading to other areas.

## On the Day of Your Injection Procedure:

- Gently exercise your face
- Frowning
- Smiling
- Raising your eyebrows
- Relax for the rest of the day
- Maintain a normal heart rate
- Avoid touching, rubbing, or physical pressure on the affected area
- Leave the treated area alone
- **Return to your normal activities.** BOTOX® and filler injections don't require any recovery time
- **Wait 24 hours to exercise.** If exercise is part of your daily routine, wait at least 24 hours to work out. Physical activity increases blood flow. This could potentially spread the toxin to unintended areas and reduce its effectiveness at the injection site. It also increases the risk of bruising. Exercise also contracts your muscles, which may decrease the toxin's effectiveness. However, it's safe to do facial exercises above. These movements can help the effects of BOTOX® and filler show up sooner
- **Go makeup-free for 24 hours.** Applying makeup will rub the skin, potentially dispersing the toxin
- **Sit up for the first 4 hours after the procedure.** Bending or lying down might spread the toxin and promote bruising

- **Ask your doctor about medications**
- Some medications might increase your risk of bruising. Be sure to ask your doctor when it's safe to start taking them again
- **Wait at least 24 hours after your injection before consuming alcohol**
- **Avoid other skin treatments.** BOTOX® and fillers need some time to settle into the muscle. For the first 24 hours, avoid other skin treatments like:
  - Facials
  - Facial massages
  - Exfoliating scrubs
  - Dermal fillers
- Getting these treatments too soon may reduce the effectiveness of your injections
- **Stay out of the sun.** Avoid sun exposure for at least 4 hours. The heat can promote flushing and increase your blood pressure, which may encourage bruising. It's also best to avoid other forms of heat exposure, such as:
  - Tanning bed
  - Hot tubs
  - Hot showers or baths
  - Saunas

## When to see a doctor

After getting BOTOX® or a filler procedure, it's typical to have redness, tenderness, and swelling. These side effects usually disappear in 1 day.

Bruising is also common. You can apply a pack of ice for relief. The bruising should go away in about 2 weeks.

But if you notice any of the following effects, get medical help:

- Muscle weakness
- Trouble swallowing
- Difficulty speaking
- Difficulty breathing
- Poor bladder control
- Vision changes

Although these side effects are rare, they warrant immediate medical attention.

