

## **PRE-TREATMENT INSTRUCTIONS FOR BOTULINUM TOXIN & FILLERS**

### **7 Days Before**

To avoid bruising it is best not to take any anti-inflammatory medication or pain Relievers/Blood thinners such as Aspirin or Ibuprofen/Nurofen.

Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, Cayenne, Licorice, Flax Seed Oil and COQ10

Avoid drinking more than recommended safe alcohol amount a few days before treatment since it, too, is a blood thinner

Sunburned skin is more sensitive and dehydrated so avoid extensive exposure to the sun before your appointment

Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the areas to be treated

Avoid the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retinol A

If you have a tendency to bruise easily, some advise taking Arnica tablets, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It is available at chemists and some supermarkets, there is also an Arnica cream which may be beneficial after treatment.

If you have a history of frequent episodes of cold sores (Perioral Herpes) it is advisable to start your anti-viral medication the day before or the day of treatment.

Always inform your clinician/practitioner of all medications, including short term and over the counter medications and supplements you may be taking.

### **Other Important Information:**

Ensure you are in a good health and do not have any active infections.

Do not book for use Botulinum Toxin or dermal filler injections if you are pregnant/breastfeeding, Do not book for Botulinum Toxin if you are allergic to eggs or any of its ingredients or if you suffer from any neurological disorders.

It is not recommended to have Botulinum Toxin treatments less than 90 days apart, unless adjustment advised by Clinician/Practitioner

Stay well hydrated before and after treatment. Dermal filler attracts and binds to water to add volume to the skin. The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.

Schedule a follow up appointment or contact 2 weeks after treatment to ensure treatment goals met and adjustments not required.