



# Radiant Skin Dermatology and Laser

General | Cosmetic | Dermatologic Surgery

## COSMETIC INJECTION TREATMENT INSTRUCTIONS (BOTOX & FILLER)

### Before treatment:

- Let us know of any changes in your medical history and all medications you are taking.
- Let us know if you are pregnant or lactating.
- To prevent excessive bruising, discontinue the intake of blood thinning agents such as Aspirin, and aspirin-containing compounds, NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen), Vitamin E, Lovaza, fish oil and garlic supplements **one week prior** to Botox or Filler treatment.
- **Please consult with your internist prior to discontinuing any prescription medicine.**
- Taking Arnica Montana may be helpful in preventing or decreasing bruising following filler injections: Place 4 – 5 Arnica Montana pellets under the tongue before the procedure, and continue as directed on the bottle
- Schedule your treatment at least 2 weeks in advance of a special event or vacation.

### During and immediately after treatment:

- Local numbing medication (a topical cream) may be applied 30 minutes prior to your treatment to maximize your comfort during the procedure. **Please arrive 30 minutes prior to your appointment.**
- You may experience a mild amount of tenderness or stinging sensation following injection.
- Bruising, swelling and/or redness may occur after treatment.

### Post treatment:

- You may apply make-up after pinpoint bleeding from the injection sites have subsided.
- Do not rub or massage the treated areas. When cleansing your face or applying make-up, use gentle motions to avoid excessive pressure on the skin.
- Avoid strenuous activity for the remainder of the treatment day. You may resume other normal activities immediately. Remain in an upright sitting position for 4 hours after treatment.
- You may take Tylenol by mouth for mild tenderness, headaches or discomfort. Avoid aspirin or aspirin containing products, which may increase your potential to bruise.
- Avoid drinking alcohol for a minimum of 12 hours to avoid bruising or swelling

116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: [info@radiantskinny.com](mailto:info@radiantskinny.com)

W: [www.radiantskinny.com](http://www.radiantskinny.com)



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Visit <http://www.radiantskinny.com/our-services/cosmetic-dermatology/dysport-and-botox.aspx> for more information

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