



La Jolla Cosmetic
Medical Spa
est. 2013

Botox and HA Filler Pre and Post Care

PREPARING FOR YOUR TREATMENT

- Discontinue omega-3 fish oils, Vitamin E, St. John's Wart, Aspirin, Ibuprofen, Naproxen (Aleve) and anything containing these (cold medicine, Alka-Seltzer, etc) for a minimum of 3 days before your treatment. If you are taking a medically prescribed blood thinner or any type of steroid, please notify your practitioner prior to treatment. Bruising is a risk whenever the skin is broken, and these medications can increase your risk of bruising.
- If you tend to bruise easily or cannot discontinue any of the above medications, pretreatment with arnica is highly recommended.

AFTER YOUR BOTOX/DYSPORE TREATMENT

- To prevent any ptosis or brow drooping, avoid lying down for 2 hours after your treatment.
- Headaches are the most common side effect and may be relieved with Tylenol or other OTC pain relievers.
- Makeup may be applied 15 minutes after treatment.
- Depending on your specific injectable, results can take up to 2 weeks after treatment to take effect.
- Keep in mind that we always try to be as conservative as possible in dosage for our practice, and that needs commonly change with time. If you need to modify your dose for the next treatment, please let your practitioner know so that we can document.

AFTER YOUR FILLER TREATMENT

- Swelling, redness, and tenderness around the injection site are expected with filler treatments.
- For all fillers, expect swelling for 5 days, and sometimes longer. The lips can swell a lot! Unfortunately, swelling is never even, and often one side swells more than the other. Icing the area will help relieve the swelling faster. Ice the area for 5 minutes, 5 times a day, for 5 days. Over the counter Ibuprofen and antihistamines such as Benadryl or Zyrtec can also help relieve swelling faster.
- Bruising is quite common and can be camouflaged with concealer. Taking arnica for 3 days prior and 4 -6 days after your treatment can help minimize bruising.
- Please notify your provider immediately if you experience persistent numbness, rash, redness surrounding the injection area or pain.