

# Botox and Fillers

## Post Treatment Care

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### **Prior to a Botox or Filler procedure:**

- Avoid consuming alcoholic beverages for at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Avoid anti-inflammatory/blood thinning medications and supplements for a period of 2 weeks before treatment. Aspirin, ibuprofen, naproxen, vitamin E, ginkgo biloba, ginseng, ginger, garlic, feverfew, St. John's Wort, and Omega 3/fish oil supplements have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your cosmetic filler and Botox appointment at least 2 weeks prior any event in which you want the results to show. Temporary bruising and/or swelling may be apparent for several days. Results from Botox injections will take approximately 4-7 days to appear.
- If you have a history of cold sores, obtain a prescription from your physician for antiviral medication. This medication should be used 1 day prior to and 3-4 days after your treatment.
- Be sure to eat a good meal and drink plenty of liquids prior to your procedure to decrease the chances of lightheadedness during your treatment.

### **What to expect after a Botox and/or Filler procedure:**

- For 24 hours after treatment:
  - Avoid significant movement or massage of the treated area.
  - Avoid activities involving straining, heavy lifting, or vigorous exercise.
  - Avoid consuming alcoholic beverages.
- Avoid blood thinning medications and supplements for 1 week after treatment; use Tylenol for any discomfort.
- If you have swelling, apply an ice pack for no more than 15 minutes, once an hour.
- Do not receive a facial intense pulse light treatment or microdermabrasion for at least 24 hours after treatment with Botox or 2 weeks after treatment with dermal fillers.
- Additional Botox or filler can be injected after 2 weeks if desired at the same rate as the previous injections.
- Please contact your *AOB Med Spa* if you have any questions or concerns.