

# The Beautox Bar

## Cosmetic Filler Pre and Post Treatment Instructions

### Pre Treatment

1. Please avoid the following medications at least 2 days prior: Aspirin, Advil (Ibuprofen/Motrin), Naproxen (Aleve) Excedrin (all OTC pain pills except Tylenol), Vitamin E, Vitamin A, Gingko Biloba, St John's Wort.
  - a. If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox), do not discontinue without first consulting the prescribing physician. If you continue to take these medications the chances of developing an injection-related hematoma (blood clot) which can leave a dark spot if it becomes entrapped in the filler implant is higher. The dark spot may remain until the filler is naturally dissolved.
2. Please avoid alcohol 24 hours prior to treatment to minimize bleeding and bruising.
3. Note that you may want to avoid scheduling social events for the next few days following treatments, as you may have bruising and/or swelling from your treatment. If you use ice on the treated area, bruising will be decreased.
4. If possible, arrive for your appointment without makeup. You will be able to apply makeup after your treatment, although we recommend waiting until the next day to allow for injection sites to seal over.
5. You may apply Arnica, a plant based cream (or tablet form) 24 hours prior to treatment, to help with swelling and bruising. This may be used until the bruising has subsided.

### Post Treatment

1. Keep the treated areas clean. Light make-up coverage is acceptable if desired, although we recommend waiting until the next day. Vaseline may be applied to lips- to avoid dryness.
2. You may apply ice for 15 minutes every hour if there is any pain or swelling. Most redness and swelling is resolved in a few days. You may sleep with an extra pillow if desired to minimize swelling overnight.
3. Try to avoid exposure to intense, direct sunlight and heat (example: sun lamp, steam, sauna) and physical activity for at least 24 hours.
4. Avoid taking Aspirin, Ibuprofen, Motrin, Aleve, Vitamin E, or Fish oil for the next 24 hours; as they may cause bruising to worsen. Tylenol may be taken.
5. Avoid alcohol intake for approximately 24 hours after treatment. As always, tobacco and illicit drugs are discouraged.
6. You may apply Arnica, a plant based cream (or tablet form) to help with swelling and bruising. This may be used until the bruising has subsided.
7. If you have had your lips augmented, avoid mouth actions for example drinking with a straw, kissing, biting into apples.
8. One side may heal faster than the other. You may have small hardened areas, you can massage them gently and they will resolve in a few days.
9. Evidence shows that having a follow-up treatment before the product has fully dissipated tends to enhance the lasting effect of skin fillers.
10. Wait at least a week (preferably 2-3 weeks) after your injection before having other procedures done in the same anatomic area: example: microdermabrasion, laser treatment, chemical peel, dental work, etc.

You will receive a follow up phone call 2 weeks post treatment. Clients will be seen for in person follow up appointments as necessary. If you have any questions, please feel free to contact us.