

Pre/Post Injections Instructions

Botox Injections	Dermal Fillers	
Pre Treatment	Pre Treatment	<p>Personalized Skin Care Regimen: (Daily)</p> <p>AM</p> <ul style="list-style-type: none"> • • • • <p>PM</p> <ul style="list-style-type: none"> • • • • <p>Personalized Skin Care Regimen Post Tx: (1-2 Days after Tx.)</p> <p>AM</p> <ul style="list-style-type: none"> • • • • <p>PM</p> <ul style="list-style-type: none"> • • • • <p>Additional Instructions:</p> <div style="background-color: #ffcc99; padding: 5px; margin-top: 10px;"> <p>***Make sure to follow these instructions. Failure to do so may increase sensitization, hyper-pigmentation, hypopigmentation, dermatitis, increased sun sensitivity, or induce flare-ups of some medical conditions.</p> </div>
Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.	Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.	
Do not bleach, wax, tweeze or use depilatory creams in Tx. area 1-2 days prior.	Do not bleach, wax, tweeze or use depilatory creams in Tx. area 1-2 days prior.	
Discontinue use of retinoids (<i>Retin A, Tazorac, Differin</i> , etc.) 1-2 days prior to Tx.	Discontinue use of retinoids (<i>Retin A, Tazorac, Differin</i> , etc.) 1-2 days prior to Tx.	
Discontinue use of 10% or higher Alpha Hydroxy Acids, exfoliants, etc. 1-2 days prior.	Discontinue use of 10% or higher Alpha Hydroxy Acids, exfoliants, etc. 1-2 days prior.	
If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before.	If you have a history of perioral herpes, begin prophylactic antiviral therapy the day before.	
Day of Treatment	Day of Treatment	
Omit lotions, creams, make up or deodorant in area to be treated.	Omit lotions, creams or make up in area to be treated.	
Inform provider of any changes in medical history and of all medications you are taking.	Inform provider of any changes in medical history and of all medications you are taking.	
	If desired, OTC topical anesthetic may be applied 30 minutes prior to Tx.	
Post Treatment	Post Treatment	
Redness might be present (and last up to several hours) immediately after treatment.	Redness might be present (and last up to several hours) immediately after treatment.	
Bruising, swelling and/or redness may occur after Tx.	Bruising, swelling and/or redness may occur after Tx.	
Exaggerate facial expressions for one hour after treatment to work Botox through the muscle.	Cool compresses may be used for swelling and/or bruising. Avoid direct ice.	
Avoid sun exposure after Tx. to reduce the chance of hyperpigmentation.	Avoid sun exposure after Tx. to reduce the chance of hyperpigmentation.	
Remain upright for four hours post treatment.	Do not manipulate areas of injection.	
Avoid blood thinners after Tx. to reduce the chance of bruising. <i>Tylenol</i> is acceptable.	Avoid blood thinners after Tx. to reduce the chance of bruising. <i>Tylenol</i> is acceptable.	
If, for any reason, scabbing should occur, do not pick or scratch at treated skin.	If, for any reason, scabbing should occur, do not pick or scratch at treated skin.	
Treat skin gently. Wash with gentle cleanser, cool water, using hands only. Pat dry.	Treat skin gently. Wash with gentle cleanser, cool water, using hands only. Pat dry.	
Follow estheticians' instructions on caring for skin post treatment.	Follow estheticians' instructions on caring for skin post treatment.	
If desired, apply <i>Epidermal Repair Crème</i> to clean skin for two days after Tx.	If desired, apply <i>Epidermal Repair Crème</i> to clean skin for two days after Tx.	
***Use sunscreen on a daily basis. This is extremely important!	***Use sunscreen on a daily basis. This is extremely important!	

Call our medical esthetician with any questions or concerns at 703-255-9100