



## BEFORE YOUR BOTOX® AND/OR DERMAL FILLER TREATMENTS

- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- To avoid bruising it is best not to take any pain relievers or any anti-inflammatory that are blood thinners like ibuprofen and aspirin: Aleve, Advil, Motrin. Try acetaminophen instead: Tylenol
- Cut out certain supplements. Vitamin E, fish oil, ginseng, gingko biloba, ginger, omega-3, St. John's wort and garlic pills are all blood thinners.
- Avoid alcohol prior to treatment and for a few days after treatment since it is a blood thinner.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids.
- Inform your clinician if you have a history of Perioral Herpes or facial sores to receive advice on antiviral therapy prior to treatment.
- Always inform your clinician of all medications you may be taking as well as your medical history.
- Do not use Botox if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.
- It is advised that treatment with the homeopathic oral medication, Arnica Montana, begin the day before treatment to help promote healing and minimize bruising and swelling. Arnica is available at health food super markets such as Whole Foods.
- Take bromelain. Bromelain, a supplement derived from pineapple stems, may reduce bruising and swelling by breaking down blood proteins.
- Incorporate foods abundant in bioflavonoids into your diet. Bioflavonoids help to strengthen your blood vessels and connective tissue. Foods rich in bioflavonoids include oranges, berries, grapes and green beans.