



PACIFIC COAST

FACIAL PLASTIC SURGERY

BOTOX/DERMAL FILLER INSTRUCTIONS

Make sure to avoid use of the following items for 10-14 days prior to your Botox/Dermal Filler injections:

- Aspirin
- Pain relievers (Tylenol is okay)
- Coumadin (get primary physician approval first)
- Fish oil
- Glucosamine
- Ginko biloba
- Vitamin E
- Exotic or herbal supplements

These medications are relative contraindications and do not necessarily exclude you from undergoing treatment. However, avoidance of these medications will minimize the chance of bruising from your treatment,

If you've ever had a cold sore/fever blisters, let our staff know and we will write you a prescription for Acyclovir. If your primary physician has advised you to take aspirin or anticoagulants for any reason, make sure you let our staff know during your consultation.

We recommend that you avoid eating right after treatments around the mouth. Letting the product "settle" for a few hours will give you the best

results. Therefore, it is a good idea to drink water and eat a small snack before arriving.

POST TREATMENT RECOMMENDATIONS

In order to achieve the best possible results, make sure to follow these post-treatment guidelines:

- Don't drink alcohol for 24 hours after treatment
- No increased blood pressure (i.e. sauna, hot tub, exercise, cardio) for 4 hours post treatment (this will help prevent bruising)
- Wait at least 1 hour after treatment to apply makeup in order to allow your skin to breathe
- Don't rub or massage the area for 24 hours

It is common to have mild redness and swelling for 1-2 days after treatment. There is also a risk of bruising, which is only temporary and can be covered with makeup.

Botox treatments typically take between **3-7 days** to take full effect. If you have any concerns about your treatment results after one week please contact the office. Occasionally a "touch up" treatment is needed for optimal correction.

Dermal filler injections (juvederm, restylane) take **3 weeks** to achieve the final result. During this time, you may notice subtle swelling or

asymmetry and the filler in incorporating into the tissue. It is ok to perform gentle massage during this time. Dr. Boeckmann recommends **waiting 3 weeks** prior to any additional filler treatments or “touch up” treatments to avoid overcorrection.