

FILLER AND BOTOX INSTRUCTIONS FOR PATIENTS

General Instructions

- Please let your provider know if you have a history of cold sores. They may recommend an anti-viral medication after your treatment to prevent an outbreak.
- Avoid significant movement or massage of the treated area unless instructed by the provider.
- Do not lie down for 3 hours (botulinum toxin A) to avoid spread of the product.
- Avoid strenuous exercise, extensive sun, heat exposure, and alcoholic beverages for 24 hours following the injection (botulinum toxin A and filler).
- Avoid consuming excess amounts of salts or alcohol to avoid excessive swelling.
- If you have swelling, you may apply a cool compress for 20 minutes intervals. Avoid placing ice directly on the skin as skin injury can result.
- Use Tylenol (acetaminophen) for discomfort. Please check the label on your bottle to remain aware of dosages. No more than 3 grams of Tylenol should be taken in a 24-hour period.
- Avoid anti-inflammatory/blood thinning medications, if possible, for 2 weeks. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3, Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Sleep on your back for two nights to avoid displacing product.
- You may wash your face gently on the evening of the procedure with a gentle, non-exfoliating cleanser.
- You apply make-up gently. Be sure to use clean make up brushes.
- Wash hands before touching the face.
- Do not undergo a facial, laser, dermabrasion, microneedling procedure for 2 weeks after your injections.
- Any dental appointments must be deferred for at least 1 week after the injection procedure (filler).

Post-Injection Course

- Dermal fillers last 6-12 months, on average. Mild bruising and swelling are normal after injections. There may even be some "lumpiness" at the injection sites. This usually resolves within 1 week.
- Botulinum toxin A treatments last 2-4 months on average. The effects progressively become apparent in 3-7 days. Some patients need additional injections for touch up procedures.
- Schedule filler and Botox appointments at least 2 weeks before a special event, such as weddings or vacations, to allow time for any bruising or swelling to subside.
- Call the clinic with any questions or concerns.
- The Plastic Surgery Clinic phone number is: 617-632-7827