

# **Botox & Dysport**

## **Before Treatment**

- Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E 5 days prior to treatment to help reduce bruising.

## **After Treatment**

- Remain upright, no lying down (no naps) for 4 hours after the treatment. This reduces the risk of eyebrow or eyelid droop.
- Do not touch or rub the treated area for 4 hours after the procedure.
- For 4 hours following the procedure:
  - No exercise
  - No hair washing
  - No ice to forehead
  - No hats
  - No massage
  - No facials
  - No showers

Actively use the treated muscle groups (i.e., frown or squint) for 1 hour after the procedure. This will help the Botox/Dysport bind to the desired area and enhance the results.

# **Fillers: Juvederm XC, Juvederm Voluma, Juvederm Volbella, Restylane, Restylane Lyft, Restylane Silk, Belotero, or Radiesse**

## **Before Treatment**

- Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E 5 days prior to treatment to help reduce bruising.
- Come in 30 minutes early for topical anesthetic.
- If you have a history of fever blisters or cold sores, call Dr. Black for preventative medication to take prior to each treatment.
- Voluma and Restylane Lyft injection should not be done within two weeks before or after dental work (including dental cleaning) or colonoscopy.

## **After treatment**

- Apply iced gel packs to the lips and/or lower face several times in the two hours after your treatment to help reduce swelling and bruising. Avoid applying ice to forehead or between brows.
- Mild purplish bruising and tenderness in some areas is normal after filler injection. However, if you experience very painful or unusual mottled bruising, please call us.
- For the next day, avoid resting your face on a hard surface (like a massage table headrest), avoid intense exercise (this can increase bruising in the first day), and avoid excess sun or heat exposure.
- To further reduce the risk of bruising Dr Black may recommend one or more of the following:
- Arnicare Cream – massage into treated area several times a day. (\$10.00)
- Arnika Forte – 2 pills day of procedure, then 2 pills a day for 3-4 days after treatment. (\$40.00)

# Sculptra

## Before Treatment

- Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E 5 days prior to treatment to help reduce bruising.
- Come in 30 minutes early for topical anesthetic.
- If you have a history of fever blisters or cold sores, call Dr. Black for preventative medication to take prior to each treatment.
- Sculptra Injections should not be done within two weeks before or after dental work (including dental cleaning) or colonoscopy.

## After treatment

- Massage for 5 minutes, 5 times a day for 5 days. This reduces the chance of forming small bumps under the skin.
- Apply iced gel packs several times in the two hours after your treatment to help reduce swelling and bruising.
- To further reduce the risk of bruising Dr Black may recommend one or more of the following:
- Arnicare Cream – massage into treated area several times a day. (\$10.00)
- Arnika Forte – 2 pills day of procedure, then 2 pills a day for 3-4 days after treatment. (\$40.00)

# Kybella (deoxycholic acid)

## Before Treatment

- Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E 5 days prior to treatment to help reduce bruising. (See exception below)
- Arrive 30 minutes prior to your scheduled injection time for topical anesthetic, and we will give you ibuprofen at the office immediately prior to the procedure.

## After Treatment

- Ice the area for a minimum of an hour, off and on. You may continue to ice it as needed for swelling or tenderness after the first hour.
- During the treatment or immediately afterward, the treated area will begin to sting and feel sore as the Kybella begins to destroy the fat cells. This becomes less intense 30 minutes to an hour following treatment.
- It is normal for the treatment area to feel “full”, numb, swollen and somewhat sore for several days, and, rarely, for 2-4 weeks, following the procedure. While the area feels numb during this time men must take care when shaving, to avoid nicking the skin.
- Redness is normal, and typically lasts less than a week, rarely longer.
- Some patients note induration (firmness) that develops in the treatment area a week or so after treatment. This can last days to a few weeks.
- Mild purplish bruising in some areas is normal after Kybella injection. For the next day, avoid intense exercise (this can increase bruising and soreness in the first day), and avoid excess sun or heat exposure.
- For men: temporary patchy hair loss may occur in the treated area.
- To further reduce the risk of bruising Dr. Black may recommend one or more of the following:
- Arnika Forte – 2 pills day of procedure, then 2 pills a day for 3-4 days after treatment. (\$40.00)