

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, Juvederm Vollure, Restylane, Restylane Defyne, Restylane Refyne, Restylane Lyft, or Restylane Silk

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 and are having filler treatment around your mouth or lips, call Dr. Black for preventative medication to take prior to each treatment.
- **Voluma or Restylane Lyft** injections 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.
- After treatment of the hands, mild swelling is common, and rarely can persist up to 8 weeks. This may be noticeable with certain activities, like playing the piano, typing, or certain sports like tennis or golf.
- **PhotoFacial** treatment can help reduce bruising. Please call the office for an appointment.
- **To further reduce the risk of bruising Dr Black may recommend one or more of the following:**
 - Arnika Forte Kit \$40 - includes
 - Arnika Forte Capsules: 2 pills day of procedure, then 2 pills a day for 3-4 days after treatment.
 - Arnika Forte Roller: Roll on area treated area several times a day.

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:**
Arnika Forte Kit \$40 - includes
 - Arnika Forte Capsules: 2 pills day of procedure, then 2 pills a day for 3-4 days after treatment.
 - Arnika Forte Roller: Roll on area treated area several times a day.

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.
- 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.
- **For men:** temporary patchy hair loss may occur in the treated area.
- 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.**
- 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. (\$30.00)