

Toxins (Botox, Dysport & Daxify)

Before Treatment

- **Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E** 5 days prior to treatment to help reduce bruising. **If you have had a stroke, heart attack, blood clot or heart rhythm issue requiring aspirin or other blood thinners, do not stop them.

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/Daxify bind to the desired area and enhance the results.

SkinVive by Juvederm & Fillers (Juvederm XC, Juvederm Voluma, Juvederm Volbella, Juvederm Vollure, Juvederm Volux, Restylane, Restylane Defyne, Restylane Refyne, Restylane Lyft, Restylane Kysse, RHA 1, RHA 2, RHA 3, or RHA 4)

**Filler injections should be scheduled at least 2 weeks before or after any vaccinations, including Covid vaccines, to avoid temporary swelling of the face where the filler is injected.

Before Filler Treatment

- **Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E** 5 days prior to treatment to help reduce bruising. **If you have had a stroke, heart attack, blood clot or heart rhythm issue requiring aspirin or other blood thinners, do not stop them.
- **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 injections** should not be done within two weeks before or after dental work (including dental cleaning) or colonoscopy. **Voluma injections** should also be avoided within 2 weeks before or after vaccines, including influenza and Shingrix vaccines.

After Filler 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

**Sculptra injections should be scheduled at least 2 weeks before or after any vaccinations, including Covid vaccines, to avoid swelling of the face where the Sculptra is injected.

Before Treatment

- **Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E** 5 days prior to treatment to help reduce bruising. **If you have had a stroke, heart attack, blood clot or heart rhythm issue requiring aspirin or other blood thinners, do not stop them.
- **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): Most patients require 2-4 treatments.

Before Treatment

- **Avoid aspirin, ibuprofen (Advil, Motrin), Aleve (naproxen), fish oil and vitamin E** 5 days prior to treatment to help reduce bruising. **If you have had a stroke, heart attack, blood clot or heart rhythm issue requiring aspirin or other blood thinners, do not stop them.
- **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)