

Pre and Post Treatment Instructions for Filler.

@injectionsby_ashleylouise

Disclaimer: You are not a candidate if you are pregnant or breastfeeding.

Pre-Treatment:

- Avoid anti-inflammatory/blood thinning medications 10-14 days prior to treatment. Medications such as : Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS that have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Avoid consuming alcoholic beverages 48 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Schedule your appointment at least 3-4 weeks prior to a special event, such as a wedding or a vacation to allow the product to take effect.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash or severe blemishes in the treatment area.
- Let me know if you are prone to cold sores (for lip injections), they should be treated beforehand.
- I suggest purchasing Arnica Montana tablets and start taking them 4 days prior as directed on the box to help minimize bruising.

Post-Treatment:

- Do NOT perform heavy lifting or vigorous exercise for 24 hours after the injections.
- If you feel a lump or bump-gently massage the area. If you have questions, reach out to me!
- It can take up to 14 days for filler to settle in.
- Take Arnica Montana tablets following the injection. Put Arnica Montana gel on the injected area to help minimize bruising and swelling.
- Ice the area that was injected 15 min on 15 min off for the first 24-48 hours to help reduce swelling.

Pre and Post Treatment Instructions for Botox and Dysport.

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PRE-TREATMENT:

- Avoid anti-inflammatory/blood thinning medications 10-14 days prior to treatment. Medications such as : Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS that have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Avoid consuming alcoholic beverages 48 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Schedule your appointment at least 1-2 weeks prior to a special event, such as a wedding or a vacation to allow the product to take effect.

POST-TREATMENT:

- Do NOT manipulate the treated area for at least 4 hours following treatment.
- Do NOT receive facials, facial laser treatments, or microdermabrasion after Botox injections for at least 10 days.
- Do NOT lie down for 4 hours after the injections. This will prevent the product from tracking into the orbit of your eye and causing drooping of the eyelid.
- Do NOT workout for 24 hours.

It can take approximately 7-14 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment, you may need additional Botox.