



MOLLE AESTHETICS

# Neurotox Pre & Post Care

- This treatment is not recommended if you have an essential event within 2 weeks of injection due to the potential for bruising and the need for modification.
- Avoid herbal supplements such as Ginkgo, green tea and anti-inflammatories of any kind for 2 weeks before and following treatment to limit bruising.
- For the first 5-6 hours following Botox/Dysport, remain upright.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 24 hours (it takes approximately 2-3 hours for Botox/Dysport to bind to the nerve and you do not want to increase circulation during that time).
- Do not rub, massage, touch, or manipulate Botox/Dysport for 6 hours.
- Avoid irritating products and make up for 24 hours following Botox/Dysport.
- Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks. Using/taking Arnica may help diminish bruising.
- It may take up to 14 days for Botox/Dysport to take full effect.
- A follow-up visit at 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first time client. If full correction is not achieved, you will need to purchase additional Botox/Dysport for injection.
- Re-treatment is typically needed between 3-4 months.
- Regular injections usually yield a longer lasting Botox/Dysport result.
- If your upper lip was treated you will not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Although rare, infection in the injected area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.
- If you have ANY questions or concerns, please call our office during business hours.
- I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.
- Botox/Dysport is not recommended in pregnant women and breastfeeding women.



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# Dermal Fillers General Treatment Information

RESTYLANE® and JUVEDERM®

- Avoid touching the treated area for 24 hours. After that, light makeup can be applied and the area can be gently washed with soap and water.
- Do not expose the treated area to intense heat (e.g. solarium and sunbathing) or extreme cold for at least two weeks.
- AVOID alcohol and exercise for 48 hours. For lip fillers, avoid kissing, smoking, vaping, and oral sexual contact for 2 weeks.
- Immediately after the treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injection. This is usually temporary and generally disappears in less than 6 hours. Tenderness from dermal filler should be mild, you should never have severe pain after any dermal filler treatment. If you have severe pain, please call our office immediately. Dull tenderness at the treatment site can last for up to 48 hours, possibly 72-96 hours. Swelling can linger for up to two weeks post injection in the lip area. Occasionally some patients experience swelling with mild lumpiness for about a week or two and the lips can look somewhat uneven during this time. This usually settles on its own, but sometimes it may need a little more time, possibly 4-6 weeks post treatment to even out and fully settle. This means that the result directly after the treatment should not be seen as the final result. Lumps should not be painful/tender after one week. If you have a painful lump, please call our office.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores, please let our office know prior to your treatment if you have a history of cold sore. If you have an active cold sore, we cannot inject you until it heals.
- If you are using aspirin, NSAIDS (Ibuprofen, Motrin, Aleve) and/or Fish oils electively, be aware that these may increase the bruising and bleeding at the injection site, please discontinue use 7 days prior to treatment, if applicable. Cold compresses or ice pack can also be used to reduce any swelling, itching or discomfort. If you are prescribed anti-platelet/anticoagulant medications for health disorders, please let us know at your consultation and we'll find the right protocol for you.
- Other types of reactions are very rare, but occasionally some patients have experienced other reactions. Please be sure to review the consent form for further details and contact our office additionally with any questions/concerns.
- These aesthetic products are temporary injectable fillers and the duration of the effect can vary from patient to patient. You may wish to consider additional treatments before the effect has completely dissipated.
- Instructions to Minimize Discomfort/Swelling/Bruising:
  - You may wish to take a regular dose (325 to 1000 mg - depending on your size) of plain Tylenol every 4-6 hours after your treatment for a day or so. This will generally make you more comfortable. It is also a good idea to apply ice to the treated area for 20 minutes every 2 -3 hours for the first 48 hours after your treatment.
  - Sleep on your back, elevated with two pillows to reduce swelling the first two nights post filler. Apply Arnica topically three times daily post treatment, or take Arnica tablets 5 days prior to your treatment and continue them 5 days after treatment.
  - Dermal filler is not recommended for pregnant women and breastfeeding women.



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## Sculptra Pre and Post Instructions

After each treatment session with Sculptra Aesthetic there are a few easy things you will need to help with the treatment results. You can print out this instruction sheet and keep it handy so you remember to do these things every day:

- **HAVE AN** - ice pack ready: Within the first 24 hours of treatment, apply a cloth-wrapped ice pack to the treated area for a few minutes at a time. Never apply ice directly to the skin. The cold will help reduce common swelling.
- **GIVE YOURSELF** - facial massages: Massage the treated area for 5 minutes 5 times a day for 5 days after treatment as recommended by your physician.
- **AVOID** - excess sunlight and UV exposure: Protecting your skin from the sun is always important, but after treatment, excessive sunlight and UV lamp exposure should be avoided until any initial swelling and redness go away. Your doctor will provide guidelines on sunscreen protection and how to avoid excessive sunlight.

Call your doctor if you have any questions or concerns after treatment. Also, report any side effects to your doctor. Be sure to keep any follow-up appointments that may be scheduled.

Remember, Sculptra Aesthetic works by gradually replacing lost collagen. It provides improvements subtly without making it look like you've had work done.

### Post-Sculptra Instructions:

- DO massage the treated areas 5 times a day for about 5 minutes for 5 days after treatment.
- DO hold ice packs on the treated areas gently for about 3-5 minutes a few times that day.
- Feel free to wear makeup after 24 hours.
- Treated areas may be red, swollen, and bruised for the first 2-7 days.
- Do NOT get a facial or massage for 2 weeks after your filler procedure.
- Avoid strenuous workouts and alcohol for 48 hours if possible.
- If bruising occurs, continue Arnica supplements, DO apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
- Bruising can be covered with makeup. i.e. Dermablend (CVS or Macy's) or Colorescience Corrective Palette.
- A few days after treatment, you will look as you did before treatment. This is normal, over time, Sculptra will replace lost collagen.

### Follow-Up Treatment:

- Follow up treatments should be scheduled about every 6-8 weeks.
- Visible results may not be seen until 3 sessions have been completed.
- Results can last more than two years.
- Not recommended for pregnant women and breastfeeding.



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## Kybella Pre and Post Care

### PRE-TREATMENT INSTRUCTIONS FOR KYBELLA INJECTIONS BEFORE TREATMENT

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the lower face, or an infection in the area. Inform your medical provider if you are on blood thinners, or have had procedures or surgery of your lower face or neck.
- Avoid aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 5 days prior to the procedure, because these medications will make you more likely to bruise. If you have been prescribed one of these medications, ask your doctor before you stop taking it. Tylenol will not cause bruising and is preferred for the week prior to treatment. To avoid possible discomfort, you may take 1g of acetaminophen (i.e. Tylenol) or NSAIDs (such as ibuprofen) one hour prior to your scheduled appointment.
- Plan your procedure so that you can have 4 full days before returning to work or important social engagements.
- Have ibuprofen (Motrin, Advil) and Zyrtec (an antihistamine) available at home for discomfort and itching that may result from the procedure.

### AFTER TREATMENT

- After your treatment, you should expect swelling and redness. You may also experience bruising, pain, numbness, and induration. This will normally last less than 5 days, and for some patients may last up to 14 days. If the symptoms continue beyond 10 days or if other reactions occur, please contact the office.
- You may elect to ice the area post treatment but must do so very carefully. Use an ice pack with the fabric side against the skin, or wrap a soft plastic ice pack in a wet thin towel. Apply the ice pack approximately 15 seconds on, and 15 seconds off. Icing too vigorously can cause frostbite and scarring. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days.
- Do not participate in strenuous activity for 3 days following treatment
- Sleep with your head elevated on at least 2 and preferably 3 pillows.
- Do not scratch, pick or traumatize the area in any way. Do not massage or manipulate the injection site.
- You may apply your normal skin care regimen and sunscreen normally.
- Call the office if you have any difficulty swallowing, crusting or scabbing, asymmetry of your smile or any other unusual symptoms.
- Not recommended for pregnant women and breastfeeding.