



Pre Procedure Instructions

It is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result and a great one. Although it is not always possible, there are ways to reduce some potential side effects associated with the injections. Minimizing these risks is always desirable.

- Avoid Alcoholic drinks 24 hours before treatment. Alcohol may thin the blood, increasing the risk of bruising.
- Avoid Anti-inflammatory or Blood Thinning medications for **two weeks** before treatment. **Medications** such as Aspirin, Plavix, Coumadin/warferin, Cortisone or Prednisone, Ibuprofen (Motrin or Advil), naproxen (Aleve), Vioxx and other NSAIDS are all blood thinning and can increase the risk of bruising and or swelling after injections. You may take Tylenol or acetaminophen for pain up to the time of treatment.
- Avoid **Supplements** such as Vitamin E, Ginkgo Biloba, Garlic Supplements, Omega 3, and St. John's Wort
- Get your daily dosage of Vitamin K & Bromide to help reduce the risk of bruising and swelling. A great source of Vitamin K may be found in green vegetables, such as spinach and broccoli. Pineapple is an excellent source to receive your dosage of bromide.
- Schedule Botox® or filler appointment at least **2 weeks before a special event, which** may be occurring, Example: wedding, vacation, etc. It is not desirable to have a very special event occurring and be bruised from an injection, which could have been avoided.
- Begin using Arnica Oil, a homeopathic anti-inflammatory that reduces pain, swelling and discoloration from bruises. Arnica can also reduce pain and bleeding after treatment. For your convenience, we have bottles for sale in the office, if you are unable to find it at the drug store.

Post Procedure Instructions

Botox® or Dysport® Treatment

- Do not lie down for 3 hours following treatment.
- Avoid manipulation of the area for 3 hours.
- Facial exercise in the area of treatment is recommended (frown/smile 1 hour).
- These measures should minimize the possibility of drooping of the eye to almost 100%.
- **THE EFFECTS OF THE TREATMENT MAY TAKE UP TO 5-10 DAYS TO BE NOTICED.** You may need to make a follow up appointment.
- The treatment benefits may last 3-5 months; on average up to 4 months.
- A touch-up or further adjustments may be necessary in **2 weeks** at an additional charge. It is recommended that you contact Timeless Rx as soon as possible after the 8th day post treatment if you did not receive the desired effect.
- Please keep your follow up appointment at 10 days after treatment to address all concerns. We recommend you take "After" pictures so you are able to ask any other questions needed.

Juvederm® Radiesse® Restylane® Restylane Silk® Voluma® Or Other Brand Of Filler Treatment

- Avoid consumption of alcoholic beverages 24 hours post treatment.
- Avoid strenuous exercise immediately after treatment.
- Sunbathing or excessive UV exposure should be avoided until redness or swelling has subsided.
- Makeup may be applied shortly after treatment if no complications are present.
- Application of an ice pack or cold compress to the injection area after treatment may help reduce swelling. If swelling or redness persists, please contact Timeless Rx.
- Continue to take Arnica oil as instructed by Reba Weymouth.