

Dermal Fillers: Pre- & Post- Treatment Instructions Pre-Treatment Fillers

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
 - Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
 - Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period
 - Discontinue Retin-A 2 days before and 2 days after treatment (It is okay to continue use of the esterized form of Vitamin A (retinyl palmitate) that is found in environ skin care products
 - Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
 - If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
 - Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
 - You are not a candidate if you are pregnant or breastfeeding. Post-Treatment Fillers
 - Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/ laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
 - Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
 - Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
 - It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
 - Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere. Call (919-417-5455) or email (medspa@visiondermatology) with any questions or concerns as soon as they arise