



Jersey Smile Centre

St Helier

## **BOTOX & FILLER PRE-TREATMENT INSTRUCTIONS**

### 7 Days Before

- To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as aspirin, Tylenol, Advil, or similar- unless these are prescribed by your GMP. Ask Dr Obryk if in doubt.
- Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, cayenne, licorice, flax seed oil and COQ10
- Avoid drinking alcohol a few days before treatment since it, too, is a blood thinner.
- Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment.
- Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the area to be treated few days prior to treatment.
- Avoid the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retinol A.
- If you have a tendency to bruise easily, start taking Arnica Montana, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It comes in an oral tablet and a topical cream. The cream may be helpful after treatment.
- If you have a history of cold sores (Perioral Herpes) Dr Obryk might consider prescribing a medication for you to start the day before or the day of treatment.
- Always inform Dr Obryk of all medications including antibiotics, high blood pressure medication, or other blood thinners as well as your medical history.

### Other Important Information:

- Patients should be in good overall health.
- Do not use Botox or dermal fillers if you are pregnant/breastfeeding,
- Do not use Botox if you are allergic to eggs or any of its ingredients or if you are suffering from any neurological disorders.
- Active skin infections are a contraindication to treatment
- It is not recommended to have Botox treatments less than 90 days apart.
- Stay well hydrated before and after filler treatment. Dermal filler attracts and binds to water to add volume to the skin.
- The most common side effect is bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- Schedule a follow up appointment 2 weeks after treatment.