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## WHAT YOU NEED TO KNOW BEFORE ARRIVING TO YOUR APPOINTMENT FOR FILLER, BOTOX, OR MICRONEEDLING

**\*\* Please arrive 30 minutes prior to scheduled appointment time \*\***

- **Avoid** aspirin or blood thinners for one week prior to treatment
- **Avoid** fish oils, vitamin E, ginkgo biloba, for 2 days before treatment
- **Avoid** Motrin, Advil, Aleve, ibuprofen, Naprosyn, and all other NSAIDs the day before and day of treatment
- **Do NOT consume** alcoholic beverages for 24 HOURS prior to treatment
- **Do NOT schedule** dental visits or cleanings 1 week before or after treatment
- Eat a light meal before appointment
- Please be aware that your appointment may take approx. 1 to 1 1/2 hours

For best results, it is best if you and the doctor are not rushed

- Schedule your treatment at least 1-2 weeks prior to a special event which you may be attending, such as a wedding or vacation
- To minimize bruising, you may take **Arnica**, which is available over-the-counter (Take 2 tabs the day before, 2 tabs the day of, and 2 tabs the day after the treatment)

## **POST PROCEDURE INSTRUCTIONS**

- **Do NOT** massage the area(s)
- If you experience any bruising, apply warm water compresses to the area (5 minutes on, 5 minutes off, for a total of 20 minutes, up to 3 times per day)
- **Avoid** strenuous exercise for 24 hours following treatment
- **Do NOT** schedule travel/flights within 24 hours after treatment
- If you notice an eggplant colored bruise following your treatment, please notify our office immediately, as we can laser the bruised area to help clear it sooner

If you have any questions or concerns regarding your appointment, please feel free to contact our office at 201-503-0302