

WHAT YOU NEED TO KNOW BEFORE ARRIVING TO YOUR APPOINTMENT**FOR FILLER, BOTOX, OR MICRONEEDLING****** Please arrive 15 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 and 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) or follow instructions on the packaging.

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 experience any of the following symptoms, contact our office immediately: dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills.

If you notice onset of any of these symptoms, call our office immediately at 201-503-0309 to speak with a provider. After hours, you will be connected with a medical provider through our answering service.