

## **Botox and Filler Instruction Sheet**

### **Before your appointment:**

In order to minimize the chance of bruising, it is helpful (but not necessary) to stop the following medications:  
7 days prior

1. Please avoid taking aspirin or aspirin containing medications.
2. Please avoid non-steroidal anti-inflammatory medications such as ibuprofen (Advil, Motrin), naproxen (Aleve, Naprosyn), and others.
3. Other products that may increase bleeding include large amounts of garlic and garlic supplements, diets rich in nuts, Vitamin E, St. John's Wort, Ginkgo, Omega 3/Fish Oils, Feverfew, Ginko, Ginseng, Airborne and other herbal supplements.
4. Filler Patients Only
  - a. Numbing Cream – Please pick this up at our office. Apply 1 hour prior to your appointment time. It does increase the comfort of your treatment. Our office will order the cream for you from our compounding pharmacy.
  - b. Lip Area Treatments - Please notify us if you have a history of cold sores. We may prescribe a medication 1 day prior to your appointment.

### 3 days prior

1. Stop alcoholic beverages.
2. Consider taking arnica and/or bromelain supplements.

### **After your appointment:**

#### Botox Patients

1. Do not rub or massage the treated area(s).
2. Do not exercise or lay down for the first 4-6 hours.
3. If you experience a headache, take either Tylenol or Advil. Headaches are considered a normal side effect.

#### Filler Patients

1. You may experience swelling that will subside in 1-7 days. Ice may be applied immediately after the injection to help reduce the amount of swelling.
2. You may notice bruising. Apply arnica gel to bruised area.
3. You may apply makeup as soon as 1 hour after injections are complete.
4. If you have extensive bruising, please call the office as some lasers can help reduce the duration and amount of bruising.
5. Minimize exposure of the treated area to excessive sun or UV lamp exposure and extreme cold weather until any initial swelling or redness has gone away.

#### Sculptra Patients

1. Massage face 5x/day for 5 days as instructed by your physician.

### **Pricing:**

- Botox - \$14/unit
- Juvederm Ultra, Juvederm Ultra Plus, Restylane, Restylane Silk, Belotero - \$670/syringe
- Juvederm Voluma, Radiesse, Sculptra - \$900/syringe
- Juvederm Vollure - \$750/syringe
- Juvederm Volbella .55mL - \$500/syringe, 1.0mL \$850
- Restylane Lyft - \$800

