

## **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 – You will have a separate numbing appointment 30 minutes prior to your filler appointment.
  - 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
- Restylane Refyne - \$850



## Kybella Instruction Sheet

Kybella is a prescription medication approved for the reduction of moderate to severe fat below the chin (aka “double chin”). After a sequence of treatments, patients can see a significant reduction of their neck fat without any cutting or sucking fat away.

Kybella is also being used as a treatment for the reduction of other small fat pooches or bulges, such as jowls, knees, bra, underarms, etc. Ask your Dermatologist for details.

### Before your appointment:

In order to minimize the chance of bruising, it is helpful (but not necessary) to stop the following medications **one week** prior to your appointment:

1. Please avoid taking aspirin or aspirin containing medications such as Ecotrin, Bufferin, Anacin, Alka-Seltzer.
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, Gingko, Omega 3/Fish Oils, Feverfew, Ginko, Ginseng, Airborne and other herbal supplements.
4. 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.

### Morning of the treatment:

1. Men should shave their neck and the area beneath the chin the morning of their treatment.
2. In order to reduce immediate swelling, bruising and discomfort after the treatment, please take the following 1 hour prior to your treatment. These will not affect your risk of bruising.
  - a. Ibuprofen 400 mg (2 Advil Tablets) and
  - b. Extra-Strength Tylenol (500 mg acetaminophen)

### After your appointment:

1. You may apply ice immediately after the treatment for 10-15 minutes as needed to help reduce discomfort.
2. Expected side effects are redness, swelling, bruising, tenderness to the touch, and occasionally numbness that may last several weeks after the treatment.
3. You may apply makeup as soon as the next day after the treatment is completed.
4. Treatments are spaced 6-8 weeks apart. Typically 4 sessions are required to achieve the desired results. Patients will need 4-6ml’s per treatment session.
5. Please call us if you develop an asymmetric smile, facial muscle weakness, difficulty swallowing, or if existing symptoms worsen.

### Pricing:

- Kybella - \$300/ml
- The average cost per treatment is:
  - \$900-1800 for double chin
  - \$300-600 for jowls

