

# SKIN CARE SOLUTIONS ELITE MEDISPA

## PRE-CARE INSTRUCTIONS FOR DERMAL FILLER AND BOTOX/DYSPOORT/XEOMIN

For optimal results, it is recommended that all patients take ARNICA tablets as directed, three days prior to any injections to decrease the chance of bruising and reduce swelling. Bromelain, which is found in fresh pineapple helps to prevent bruising as well. Topical Arnica should be applied as soon as possible after injection, and continued as needed to further prevent bruising.

We provide these oral and topical supplements as a convenience to our patients at a minimal charge.

AVOID the following for one week prior to injections, if possible, for decreased chance of bruising:

Alcohol    Aspirin Products    Fish Oil    Anti-Inflammatory    Vitamin E    Ibuprofen    St. John's Wort  
Ginseng    Garlic

Consult your physician prior to your procedure if you are taking blood thinners such as: Warfarin, Coumadin, Eliquis, Xarelto, or Plavix.

## POST-CARE INSTRUCTIONS FOR DERMAL FILLER

1. Avoid touching or massaging the injection site for 4-6 hours. It is OK to gently cleanse your skin in the evening before bedtime.
2. Apply topical Arnica as soon as possible after injection and continue until any symptoms of bruising and swelling have subsided.
3. For the first 24-48 hours after injection, an ice pack may be applied to the injection site for no more than 10-15 minutes every hour to help reduce swelling.
4. It is recommended NOT to sleep on your stomach or sides for 2 days after being injected with fillers. Sleeping propped up or in semi inclining position is preferable.
5. You may have some redness, swelling and/or bruising at injection sites lasting for up to two weeks.

## POST-CARE INSTRUCTIONS FOR BOTOX/DYSPOORT/XEOMIN

1. Avoid touching or massaging the injection site for 4-6 hours. It is OK to gently cleanse your skin in the evening before bed.
2. Avoid exercising or lying down for 4-6 hours following injections.
3. A small bruise or redness may occur at the injection site that may last 7-10 days.
4. It may take up to two weeks for the full effect of Botox/Dysport/Xeomin to take place. This is normal and is not cause for concern.

**Patients are responsible to make a 2 week follow up appointment after injections, to assure desired results. Patients cannot be re-injected after the 2 weeks due to neurotoxin guidelines.**

**Reach one of our on-call physicians after hours by contacting 330.263.8500 if you have a concern that cannot wait until the next business day.**

**Call immediately if you have the following: Discoloration other than bruising and mild redness, spreading redness and a fever within 48 hours after injections and severe pain not relieved with an anti-inflammatory.**