

### **Pre-Treatment Instructions for Dermal Fillers/Neurotoxins at Comprehensive Cosmetics:**

- Do not consume alcoholic beverages at least 24 hours prior to treatment, as alcohol may thin the blood and increase the risk of bruising.
- Refrain from taking over-the-counter non-prescription anti-inflammatory and blood-thinning medications, if possible, for at least one week before your treatment. This includes aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDs, as they can increase bruising and swelling post-injection. Consult with your medical provider before making any changes to prescribed anti-inflammatory or blood-thinning medications.
- Discontinue Retin-A two days before and two days after your treatment.
- Ensure you have stopped taking antibiotics at least two weeks prior to your appointment for dermal fillers or neurotoxins. Depending on the antibiotic and its purpose, you may need to wait up to four weeks; please consult with your provider for specific advice.
- For dermal fillers, schedule any dental procedures at least two weeks before or four weeks after your treatment.
- Plan your dermal filler and neurotoxin treatments at least two weeks ahead of any significant event, such as a wedding or vacation. Results from neurotoxin injections may take four to fourteen days to appear, while dermal filler outcomes can be immediate but might take up to four weeks to fully manifest. Note that bruising and swelling could be visible during this period.
- Reschedule your treatment at least 24 hours in advance if you develop a rash, cold sore, blemish, or are experiencing symptoms of a cold or viral illness.
- If you have a history of cold sores, inform your provider as they may prescribe anti-viral medication before your treatment begins.
- If you are pregnant or breastfeeding, you are not eligible for treatment.
- Have a substantial breakfast, including both food and drink, before your procedure to lessen the risk of feeling lightheaded.
- Arrive at your dermal filler appointment with your makeup removed, hair pulled back, and without wearing earrings.

### **Post-Treatment Botox Instructions at Comprehensive Cosmetics:**

- Do not touch or manipulate the treated area for four hours following treatment. Avoid facials, laser treatments, microneedling, dermaplaning, microblading, or microdermabrasion for at least ten days after Botox injections. If unsure about the recovery timeframe for specific services, consult your provider.
- Steer clear of extreme heat sources such as saunas, steam rooms, and hot tubs for 24 hours.

- Do not lie down for four hours post-treatment to prevent the Botox from migrating to the orbit of your eye, which could result in a drooping eyelid.
- Results typically appear within four to fourteen days. If you do not see the desired results after two weeks, you may need a touch-up. Schedule any necessary touch-ups within three weeks of your initial visit, and be aware that you may need to purchase additional units.
- Refrain from activities that involve straining, heavy lifting, or vigorous exercise for 24 hours following your treatment.

**Post-Treatment Dermal Filler Instructions at Comprehensive Cosmetics:**

- Refrain from significant movement or massaging the treated area unless your provider instructs otherwise.
- Avoid strenuous exercise for 48 hours.
- Keep away from extensive sun exposure and extreme heat sources like saunas, steam rooms, and hot tubs for 72 hours.
- Limit your intake of alcohol and salt for 48 hours to minimize swelling.
- If swelling occurs, apply a cool compress for 15 minutes each hour.
- Use Tylenol to alleviate any discomfort.
- If you experience swelling, try to sleep face up and slightly elevated.