

FACIAL AESTHETICS

———— by Dr. Madden ————

In order to minimize the risk of possible side effects and complications of injections **please follow these simple steps:**

Pre-Treatment Instructions

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your [Dermal Filler](#) and [Botox/Dysport/Xeomin](#) appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

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Post-Treatment Botox/Dysport/Xeomin

- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive [facial/ laser treatments](#) or [microdermabrasion](#) after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Do NOT lie down for 4 hours after your Botox/Dysport/Xeomin treatment. This will prevent the Botox/Dysport/Xeomin from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox/Dysport/Xeomin. You are charged for the amount of product used. Therefore, you will be charged for a product used during any 'touch-up' or subsequent appointments. Do not wait longer than 3 weeks to follow up with Dr. Madden if you have any concerns.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 24 hours after treatment. This will keep the Botox/Dysport/Xeomin in the injected area and not elsewhere.
- Botox/Dysport/Xeomin around the lips can cause some side effects such as bruising, swelling, numbness at the site of injection, tenderness, headaches nausea and difficulty sucking with a straw or whistling or kissing or pursing the lips. Dr. Madden recommends practicing lip movement in front of a mirror if you are experiencing any difficulties with muscle expression. Call us if you have concerns regarding these side effects. These effects resolve.
- Make-up may be applied gently after treatment.
- Dr. Madden recommends returning every 3 months for a maintenance in order to maintain your desired look as Botox/Dysport/Xeomin is effective for the average person for 3 months. More than likely if you return as recommended the treatment will require less toxin to maintain your desired look and therefore be more cost effective.

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Post-Treatment Instructions Dermal Filler

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 72 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- Discontinue Retinol products for 2 days after treatment.
- Avoid cigarettes for 2 days after treatment.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort, and avoid Aspirin, otrin, Gingko Biloba, Garlic, Flax oil, Fish oil, Vitamin A, Vitamin E for 3 days after treatment. .
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.
- You must wait 2 weeks before any additional enhancements.
- Please report any redness, blistering or itching immediately if it occurs after dermal filler treatment.
- One side may heal faster than the other- this is normal.

If you have any further questions or concerns please text us at (713) 637-9001