

PINSKI DERMATOLOGY AND COSMETIC SURGERY, S.C.  
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## **PRE/POST CARE FOR BOTOX/INJECTABLE FILLER**

Despite proper technique and preparation, there is still a risk of temporary bruising, swelling and redness near the injection site after treatment with Botox, Dysport, or injectable filler. Please do not schedule your first filler appointment before an important social engagement. It's important to note that hyaluronic acid dermal fillers are **not** permanent treatments.

The most common side effects patients experience after an injection are:

- Bruising
- Swelling
- Redness
- Pain
- Tenderness

To minimize the risk of these potential side effects, please avoid alcohol and blood thinning medications such as aspirin, vitamin E, and fish oil supplements **1 week prior** to your appointment. If desired, patients may take a pineapple extract such as Bromelain (500 mg daily) or Arnica Montana supplements **1 week prior** to appointment and for up to 5 days post treatment to help speed up the healing process.

After injectable filler, do **not**:

- Apply makeup or other topicals for 24 hours
- Exercise for 24 hours
- Massage/manipulate the area
- Receive any dental work for 2 weeks

After Botox, there are no restrictions. You will begin to see the Botox take effect 3-4 days post treatment, with full results in 2 weeks.

If bruising/swelling/redness occurs, gently apply ice to the area for the first two days post injection. Ice for 5-10 minutes at a time, up to 4 times a day. After the first two days, begin using warm compresses. In addition, Auriderm bruise cream is available for purchase in the office and can be applied 2-3 times per day to the areas injected. This will help speed up the healing process.

Please let Pinski Dermatology know of any symptoms you may experience, especially if you have pain at the treated area. Most side effects should go away in a few days, typically no more than a few weeks. Full results can be seen **two weeks** post treatment.