Before & After Instructions For Botox/Dysport and Fillers

Botox/Dysport

Before
1. Stop all products that contain aspirin, ibuprofen, Vitamin E and similar products 10 days before the procedure. This will decrease the chance of bruising. Notify Dr. Ly Nguyen/staff if you are on a blood thinner such as warfarin, coumadin, and plavix. Tylenol is OK to use.
2. Do not schedule important social activities, meetings, etc., immediately after the procedure. The majority of patients do not have any adverse effects from Botox/Dysport injections. However, bruising and eyelid droop can occur rarely and you could be that patient.
3. Plan in advance. Do not wait until the last minute to get Botox/Dysport in preparation for an important event, such as a wedding. We recommend getting Botox/Dysport 2-4 weeks in advance of any important event.
4. Do your daily workout before your appointment for Botox.
5. Take Arnica Montana a few days before procedure if you are prone to bruising/swelling after injections. This can be purchased in our office.

After
1. Do not exercise until the next morning.
2. Do not rub or irritate the injection sites. This can cause the Botox/Dysport to seep into your eyelid and cause a droop. Wash your face gently. By the next morning, you can resume normal activity.
3. For the next one hour, contract the muscles that were treated by frowning, raising your eyebrows, smiling, and/or puckering.
4. If you have swelling or bruising on your face, apply cool compresses. Take Arnica Montana.
5. Avoid laying on your face, getting a facial or massage immediately after your injections.
6. Plan to schedule your follow-up visit for your next treatment in 3-6 months. Any touch-up/re-evaluation of treatment can be done 2 weeks after injections.

Fillers (Restylane, Perlane, Radiesse)

Before
1. Stop all products that contain aspirin, ibuprofen, Vitamin E, and similar products 10 days before the procedure. This will decrease the chance of bruising. Notify Dr. Nguyen/staff if you are on a blood thinner such as warfarin, coumadin, and plavix. Tylenol is OK to use.
2. Do not schedule important social activities, meetings, etc., for at least several days to 1 week after the procedure.
3. Plan in advance. Do not wait until the last minute to get your filler injection in preparation for an important event, such as a wedding. We recommend getting filler injections 2-4 weeks in advance of any important event.
4. If you have a history of cold sores, you will need to start an antiviral medication, Valtrex, 24 hours before the procedure. Notify Dr. Nguyen or her clinical staff if you do have a history of cold sores and do not have a prescription for Valtrex.
5. Take Arnica Montana a few days before procedure if you are prone to bruising/swelling after injections. This can be purchased in our office.

After
1. If you received a dental block, your lips will be numb for approximately 1-2 hours. Be careful drinking very hot liquids.
2. Apply cool compresses until the next morning to minimize bruising and swelling, especially if you had filler in/around your lips/mouth.
3. Minimize mouth motion (chewing, talking) for 24 hours to allow the product to set into the tissues.
4. Notify Dr. Nguyen immediately (day or night) for a cold sore outbreak. Cold sores can lead to scarring.
5. Use Tylenol for pain.
6. If you have lumpiness or asymmetry, you can massage these areas after 72 hours to break down the product. STOP massaging when the lumps and asymmetry are better to avoid breaking down good product.
7. If you have swelling or bruising on your face, apply cool compresses. Take Arnica Montana as instructed.
8. Avoid laying on your face, getting a facial or massage immediately after your injections. No dental procedure/exam for one month if you had fillers injected around your mouth.
9. Plan to schedule your follow-up visit for your next treatment in 6-8 months. Any touch-up/re-evaluation of treatment can be done 2 weeks after injections.

Call Dr. Ly Nguyen’s office at 407-891-2010 for:
Moderate to Severe Bruising, Infection, Redness, Fevers, Cold Sores, Scarring