



LET'S FACE IT.... botox and more

NON-SURGICAL COSMETIC SERVICES

PREPARING FOR FACIAL FILLERS

Bruising can be a natural consequence when one receives any type of injection. How you prepare and post treat yourself can have a big impact on avoiding or decreasing these risks. Most bruising is minimal and can be covered fairly well with makeup but we do not recommend getting injections if you have an important event in the following 2-5 days of treatment.

Prior to Treatment:

- Bromelain or pineapples: 1000mg x 3 days (Take 2-3 days prior)
- Arnica tablets (2-3 days prior to injection)

Avoid

- Alcohol
- Garlic
- Vitamin C
- Vitamin E
- Gingko biloba
- Aspirin/Motrin (avoid 3-4 days prior to treatment)
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Post-Treatment Care

- Ice
- Arnica Gel
- Resume Vitamin C & Vitamin E
- Tylenol for pain (3 days)