



Pre/Post Procedure Instructions

Injectable Treatments

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Pre Procedure Instructions

It is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result and a great one. Although it is not always possible, there are ways to reduce some potential side effects associated with the injections. Minimizing these risks is always desirable.

- **AVOID Alcoholic Drinks** 24 hours before treatment. Alcohol may thin the blood, increasing the risk of bruising.
- **AVOID Anti-inflammatory or Blood Thinning Medications** for two weeks before treatment. Medications such as Aspirin, Plavix, Coumadin/warferin, Cortisone or Prednisone, Ibuprofen (Motrin or Advil), naproxen (Aleve), Vioxx and other NSAIDS are all blood thinning and can increase the risk of bruising and or swelling after injections. You may take Tylenol or acetaminophen for pain up to the time of treatment.
- **AVOID Supplements** such as Vitamin E, Ginkgo Biloba, Garlic Supplements, Omega 3, and St. John's Wort
- Get your daily dosage of Vitamin K & Bromide to help reduce the risk of bruising and swelling. A great source of Vitamin K may be found in green vegetables, such as spinach and broccoli. Pineapple is an excellent source to receive your dosage of bromide.
- Schedule Botox® or filler appointment at least **2 weeks before a special event** which may be occurring, Example: wedding, vacation, etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided.
- Begin using Arnica Montana a homeopathic anti-inflammatory that reduces pain, swelling and discoloration from bruises. Arnica can also reduce pain and bleeding after treatment. You may take three Arnica Montana pills three times a day orally. When symptoms disappear you may stop medication. Arnica also comes in a Gel form. Gently apply a thin layer of Arnica Gel to affected area as soon after your treatment and repeat 3 times a day until bruising or swelling subsides. For your convenience, we have kits for sale in the office, if you are unable to find it at the drug store.
- We kindly ask, on your first visit, to please bring photographs of yourself from various age ranges. This greatly facilitates the doctor in assessing your rejuvenation needs.

Post Procedure Instructions

Botox® or Dysport® Treatment

- Do not lie down for 3 hours following treatment.
- Avoid manipulation of the area for 3 hours.
- Facial exercise in the area of treatment is recommended (frown/smile 1 hour).
- These measures should minimize the possibility of drooping of the eye to almost 100%.
- **THE EFFECTS OF THE TREATMENT TAKE UP TO 5-10 DAYS TO BE NOTICED!** Please keep your follow-up appointment.
- The treatment benefits may last 3-5 months; on average up to 4 months.
- A touch-up or further adjustments may be necessary in **2 weeks** at an additional charge. It is recommended that you contact Dr. Calderón as soon as possible after the 8th day post treatment if you did not receive the desired effect.
- Please keep your follow up appointment at 10 days after treatment to address all concerns. We recommend you take "After" pictures so you are able to ask any other questions needed.

Fillers

- Avoid consumption of alcoholic beverages 24 hours post treatment.
- Avoid Strenuous exercise immediately after treatment.
- Sunbathing or excessive UV exposure should be avoided until redness or swelling has subsided.
- Makeup may be applied shortly after treatment if no complications are present.
- Application of an ice pack or cold compress to the injection area after treatment may help reduce swelling. If swelling or redness persists, please contact Dr. Calderón.
- Continue to take Arnica pills as instructed by physician.

