

Pre Facial Injection Considerations

If you are having Botox or Dysport injections, the following suggestions are still good to follow even though bruising is more common with Dermal fillers. Dermal fillers are slightly more invasive and bruising is the most common side effect of almost every facial injection procedure. While it is impossible to control every variable that contributes to bruising, there are many pre treatment actions that you can take to minimize the severity of bruising.

The following are ONLY suggestions to help with preparing you for a Facial injection procedure

- Immediately following the injections it is not uncommon to experience swelling, redness and some bruising.
- Swelling decreases 48 hours after your procedure. It will take up to 2 weeks for everything to “settle in”.
- You should plan ahead and take notice of your schedule as to avoid any important work or social events where showing up with a bruise might make you feel self conscience. It can take a bruise 2 weeks to completely heal. Therefore, we recommend having fillers done 3-4 weeks prior to extremely important events such as a wedding or reunion. This will give your filler time to “settle in” and any bruising time to heal.
- Most bruising, after 48 hours can be easily covered with makeup.
- We may use ice or numbing spray topically for any possible discomfort during your procedure. This could temporarily leave skin with redness and itching after procedure. This is usually gone within 24 hours.
- Listed below are some suggested OTC medications and supplements to avoid a few days prior to procedure to help minimize the chances of bruising. This is not all inclusive list, only some of the more common ones. *Aspirin, *Excedrin, *Ibuprofen (Motrin, Aleve, Advil), *St. John’s Wart, *Omega Fatty Acids, *Vitamin E, *Ginkgo Bilboa, *Ginseng, *Fish Oil, *Flax Seed Oil, *Garlic, *Biotin, *Multi-Vitamins, *Green Tea, *Chamomile Tea. If in doubt, please ask about your medication or supplement.
- If you are on blood thinners, such as Coumadin, Warfarin, Plavix, Xarelto or any others. Never stop a medication without talking to the prescribing doctor first.
- Beer, Wine and Alcohol all thin the blood, consumption can contribute to bruising being more significant. If you’re concerned with bruising, we suggest not consuming any 1-2 days prior to injections.
- Studies have shown that eating pineapple a few times prior to the injections can be helpful with swelling and bruising. Bromide is a substance that is extracted from the leaves of a pineapple and is used to make natural supplements that are known to have anti-inflammatory effects.
- Arnica Montana is one of these supplements, an all natural homeopathic remedy that has been used to lessen swelling and bruise discoloration. This product is not recommended if you have high blood pressure. It is available for purchase here at our office in pill and gel form.
- If you experience frequent cold sores, be sure to talk to your provider prior to your injection procedure. An anti-viral medication might be needed to help prevent an outbreak.
- If you have acne or have had inflamed skin in the area you are seeking treatment, the procedure may aggravate this condition.
- You may not be able to have facial injections in you have had any other facial treatments such as Chemical peels, Laser treatments, or Dermabrasion. We ask that you wait 2 weeks after these types of procedures for injections.
- You should avoid injections 2 weeks before and or 2 weeks after any type of surgery. This includes dental procedures that are more invasive than a cleaning.
- Let your provider know if you are allergic to Lidocaine. The products we use come pre-mixed with Lidocaine. Your provider can place a special order for product without Lidocaine.
- Other contradictions to receiving Botox or filler injections are pregnancy, breast feeding, chemotherapy, an allergy to gram positive bacteria, certain autoimmune diseases and a known allergy to hyaluronic acid.

By signing below you are acknowledging you have been informed of associated risk with injections.

Patient Signature _____

Provider Signature _____

Date _____