



## INJECTABLE INSTRUCTIONS

### **Pre-treatment:**

The following suggestions can decrease your risk of bruising:

- Avoid alcohol, aspirin, ibuprofen, and supplements such as fish oil, biotin, ginkgo, and Vitamin E as these may increase your risk of bruising.
- You may start taking Arnica Montana, a natural supplement that may help to reduce your risk of bruising, four days prior to your appointment.
- If you are on prescription blood thinners, do not stop your medication unless approved by the prescribing provider. You may proceed with your appointment while on blood thinners but please be aware that bruising is more likely.

Prior to your appointment, please notify your provider if you have any history of cold sores near the area to be treated as we may prescribe an antiviral prior to injections.

Please notify the office if you have had any surgery or immunizations in the past 2 weeks or are anticipating doing so in the next 2 weeks.

### **Post-treatment:**

- Avoid any strenuous activity for the remainder of the day of your appointment.
- Avoid rubbing or putting pressure on any of the areas that were injected.
- Wait 2 weeks before any facial treatments, dental work, or massages that require you to be face down.

To decrease any swelling, you may:

- Gently apply a cold compress to treated areas.
- Sleep face up with head slightly elevated.