



Pre Care Instructions for Tox + Filler

Please review all pre-care instructions prior to your upcoming appointment as they will ensure optimal results. If you have any questions before your upcoming treatment, please give our office a call at 317-855-9100 for Indianapolis or 317-530-2393 for Greenwood.

- Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event that you may be attending, such as a wedding or vacation. Results from the Dermal Filler and Botox injections will take approximately 4-7 days to take effect. Also bruising and swelling may be apparent in that time period.
- Discontinue any Retinoid products (Retinol, Tretinoin, Retin-A) 2 days before treatment.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin A, C, E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let us know, an antiviral medication prior to treatment can be prescribed.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate for Dermal Fillers or Botox if you are pregnant or breastfeeding.
- If you are prone to bruising or swelling, taking Arnica tablets 48 hours prior to injections helps the healing process.
- Arrive at your appointment with a clean face- no makeup please!