

## Comprehensive Cosmetics Treatment Instructions

### Pre-Treatment Guidelines for Dermal Fillers and Neurotoxins

- Avoid alcoholic beverages for at least 24 hours before treatment.
- Refrain from blood-thinning medications and supplements one week prior.
- Discontinue Retin-A two days before and after treatment.
- Ensure no antibiotics for at least two weeks before treatment.
- Schedule dental procedures around your treatment appropriately.
- Plan treatments at least two weeks ahead of major events.
- Reschedule if unwell or have skin issues 24 hours before appointment.
- Pregnant or breastfeeding women cannot be treated.
- Have a good breakfast on the day of treatment.
- Come prepared with a clean face and no jewelry.

### Post-Treatment Care for Botox

- Do not manipulate the treated area for four hours.
- Avoid skin procedures for at least ten days post-treatment.
- Stay away from high temperatures for 24 hours.
- Avoid lying down for four hours after treatment.
- Results may take up to two weeks, touch-up might be necessary.

### Post-Treatment Care for Dermal Fillers

- Do not massage the treated area unless advised.
- Avoid strenuous activities for 48 hours.
- Limit exposure to sun and heat for 72 hours.
- Reduce alcohol and salt intake to avoid swelling.
- Use Tylenol for discomfort, sleep elevated if swollen.