



body TONIC | Rx

medical + laser + skin spa

www.mybodytonic.com

INSTRUCTIONS FOR DERMAL FILLERS

PRE TREATMENT INSTRUCTIONS:

1. For 2 weeks prior to treatment, **avoid all anti-inflammatory medicines** (e.g. oral steroids and/or aspirin, ibuprofen, Aleve, Motrin, Advil, etc.). Tylenol (Acetaminophen) is permitted.
2. For 2 weeks prior to treatment, you must also **avoid Fish Oil Vitamins, E Vitamins and Melatonin**.
3. Please refrain from **extensive** alcohol for several days prior to your filler treatment.
4. For bruising prevention and post treatment healing, you may purchase (ONE) of the following:
 - a. **SinEcch** – high dosage oral Arnica formulated specifically for cosmetic injections @ People's Pharmacy
 - b. **Traumeel Kit** – @ Austin Compounding Pharmacy on Bee Caves
5. For treatment of the face or any area to be treated that is prone to break out with fever blisters, cold sores or Herpes infection, an anti-viral may need to be taken. Take it the day before treatment, the day of and continue 3 days after treatment or as directed. Please let Body Tonic know if you need a prescription.

POST TREATMENT INSTRUCTIONS:

1. Gently apply ice or cold compresses to reduce any swelling and/or bruising. Continue to ice periodically until initial swelling and/or bruising has resolved.
2. Do NOT apply pressure to the area(s) treated for 1 week, or as directed.
3. Do NOT use a Clarisonic on the treatment areas for 1-2 weeks.
4. Do not apply make-up for up to 24 hours, or as directed.
5. Continue to refrain from anti-inflammatory medications and fish oil vitamins for 1-2 weeks.
6. You may take Tylenol if necessary for pain.
7. For irritation or sensitivity, apply Neosporin or Bacitracin and ice as needed.
8. Avoid glycolic acid, Retin-A, skin lighteners and any other irritating products for up to one week after treatment, or until all evidence of the injections sites are cleared and completely healed.
9. Obtain clearance from your injector before getting any laser treatments in the treated area.
10. Do not remove hair in the treated area for one week after treatment.
11. Do not expose the treated area to extreme heat (sun) or extreme cold until initial swelling has resolved.
12. Avoid excessive alcohol drinking and smoking for up to 2 weeks.

POSSIBLE ADVERSE EFFECTS

Anticipated side effects

After the injection, some common injection-related reactions may occur. These reactions include redness, swelling, pain, itching, discoloration or tenderness at the implant site. Typically, resolution is spontaneous within a few days after injection into the skin, and within a week after injection into the lips. Additionally, temporary palpable lumpiness has been noted after injection in some patients.

Adverse events

Localized reactions thought to be of a hypersensitivity nature have been reported in about one in every 2000 treatments. These have consisted mainly of swelling at the implant site, sometimes affecting the surrounding tissues. Redness, tenderness and, rarely, acne-like formations may also occur. The reactions have started either shortly after injection or after a delay of 2 to 4 weeks and have generally been described as mild to moderate, and self-limiting with an average duration of two weeks.

If you have any questions or concerns, call BODY TONIC at 512-383-5204.

Signature of Patient/Date: _____

Signature of Witness or Provider/Date: _____