

Before Your Botox® or Juvederm® Treatment

- You must inform your provider of any changes in medical history and of all medications you are taking.
- Schedule your appointment at least 2-4 weeks prior to any special event (eg. wedding, vacation, etc). This will allow time for any bruising to heal and results to be settled.
- Immediately after treatment there may be discomfort, redness, bruising, swelling, tenderness, and/or itching near the injection site. This is normal (temporary) and generally disappears within a few hours to a few days.
- Please arrive with a clean face (no makeup or moisturizer, ideally freshly washed). If you are unable to do this, we will provide the necessary items to do so.
- Eat a small meal or a snack before your appointment to help avoid any light-headedness.
- Plan to refrain from exercising/strenuous activity for the remainder of the day following your injection(s).
- You must be in good health with no active skin infections in the areas to be treated. If you develop an infection, cold sore, or a rash prior to your appointment, please notify us as soon as possible. Treatment may need to be deferred until the inflammatory process is resolved.
- Avoid taking anti-inflammatory/blood thinning medications or supplements for a period of 5-7 days before treatment to decrease risk of bruising/swelling. These include: Aspirin, Ibuprofen, Motrin, Advil, Aleve, Vitamin E, Ginkgo Biloba, Omega 3 fatty acids, fish oils, garlic, green tea, and St. John's Wort. ***Consult your physician before stopping any of your regular medications.**
- Avoid alcohol and caffeine for 24 hours prior to treatment.
- If you are prone to bruising, we recommend using the homeopathic remedy Arnica Montana. (Found in the natural foods section of your grocery store or at most local pharmacies, including the Remedy RX pharmacy within our clinic). Tablet form can be taken 3-4 days pre/post treatment, while topical application may be helpful post treatment.
- Discontinue topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha-Hydroxy Acid, or other "anti-aging" products for 3 days before and after treatment. Also avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid smoking for 2 weeks prior to procedure, if possible. If you do smoke, please be aware the chance of bruising is increased and healing time lengthens.
- Do NOT plan any facials, microdermabrasion, laser treatments, chemical peels, PRP micro-needling, or facial massage for at least 2 weeks following treatment.
- Avoid procedures/surgery (including colonoscopy) and dental procedures (including cleaning) for two weeks before/after filler.

Follow-up appointments are to be booked 2 weeks post injection to assess results and response to treatment. An appointment will be scheduled for you on the day of your procedure and you will be given a detailed list of post-treatment instructions at this time.

If you have any questions or concerns, we can be reached at:
519-266-3642 or beautywithin@sc london.ca