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Pre-Treatment Instructions for Botox and Fillers:

We are so happy you've decided to have aesthetic treatment with us. Dr. Kossler's goal is to help you look and feel your best. Optimal aesthetic treatment or surgery depends on multiple factors - to achieve the safest and most effective results, please follow these instructions dependent on your chosen procedure(s):

- Schedule your Dermal Filler appointments at least four (4) weeks prior to a special event such as a wedding or a vacation to allow for complete healing and optimal results.
- Results from the Dermal Filler and Botox injections will take approximately four (4) to seven (7) days to appear. Mild bruising and/or swelling may also be visible during this time period, particularly for fillers.
- Reschedule your appointment at least twenty-four (24) hours in advance if you find a rash, cold sore, or blemish in the treatment area.
- If you have a history of cold sores, please let your provider know. They may elect to put you on an anti-viral medication prior to treatment.
- Avoid blood thinners if at all possible, prior to and after aesthetic procedures. Patients that bruise easily, or who take blood thinners

including frequent use of NSAIDs may bruise more. Please be patient and allow additional time for final results.

- Avoid alcoholic beverages at least twenty-four (24) hours prior to treatment. Alcohol may thin the blood and increase the risk of bruising.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- If you would like to minimize the risk of bruising after treatment, please consider these options. They would generally need to be ordered online or purchased in advance of treatment. Please note, this is entirely optional and at your discretion:
 - Homeopathic Arnica Montana ointment, or SinEcc (pill form). Usage depends on the formulation. For ointment, apply to bruising three (3) times a day. For capsules, it's typically, one pill three (3) times a day for four (4) days beginning the day of treatment.
 - Bromelain (homeopathic medicine)
 - Good nutrition and fresh fruit consumption (pineapple and papaya recommended)
 - Ocumend gel pads (available online)

Post-Treatment Botox:

- Do not manipulate the treated area for three (3) hours following treatment. Do not receive facial, laser treatments, or microdermabrasion after Botox injections for at least seven (7) days. Ask your provider if you are not sure about the recommended time frame to hold off on a particular service.
- It can take approximately four (4) to seven (7) days for results to be seen. If you would like more areas treated, or desire additional Botox, please schedule an appointment. We would be happy to give you a price quote.
- Do not perform activities involving straining, heavy lifting, or vigorous exercise for six (6) hours following treatment. This will keep the Botox in the injected area, and prevent it from possibly migrating elsewhere, reducing optimal results.

Post-Treatment Instructions for Dermal Fillers:

- Avoid significant movement or massage of the treated area *unless* instructed by the provider.

- Avoid strenuous exercise for twenty-four (24) hours.
- Avoid excessive sun or heat for seventy-two (72) hours.
- To minimize swelling:
 - Avoid consuming excess amounts of alcohol and/or high-sodium foods
 - Apply cold compresses or ice packs for twenty (20) minutes each hour the first one (1) to two (2) days after treatment (while awake).
 - Sleep face-up
 - Use Tylenol for discomfort. This will also minimize swelling.
- For moderate swelling you can take over the counter antihistamines. We recommend non-drowsy Zyrtec during the day, and Benadryl at night (may cause sleepiness).
- For more severe swelling, alert Dr. Kossler's team and she may prescribe a stronger anti-inflammatory medication.
- If you would like to minimize the risk of bruising after treatment, please consider these options. They would generally need to be ordered online or purchased in advance of treatment. Please note, this is entirely optional and at your discretion:
 - Homeopathic Arnica Montana ointment, or SinEcc (pill form). Usage depends on the formulation. For ointment, apply to bruising three (3) times a day. For capsules, it's typically, one pill three (3) times a day for four (4) days beginning the day of treatment.
 - Bromelain (homeopathic medicine)
 - Good nutrition and fresh fruit consumption (pineapple and papaya recommended)
 - Ocumend gel pads (available online)

In Case of Emergency:

- If at any time you experience severe pain, redness at the injection site(s), loss of vision, or any other visual symptoms, call our team at (650)723-6995 immediately, or go to the local Emergency Department (ER).