

## Pre-Treatment Instructions

We are so happy you decided to have aesthetic treatment with us. Dr. Kossler's goal is to help you look and feel your best. Successful aesthetic treatment or surgery depends on several factors. To achieve optimal safe and effective results please follow these instructions.

- Schedule your Derma Filler and Botox appointment at least 4 weeks prior to a special event, such as a wedding or a vacation to allow for complete healing.
- Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- 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 your provider know, they may put you on an anti-viral medication prior to treatment.
- **Avoid blood thinners** prior to and after surgery. Patients that bruise easily or take blood thinners may take longer to heal. Please be patient.
- Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Discontinue Retin-A 2 days before and 2 days after treatment.
- If you would like to minimize the risk of bruising after treatment, please consider these options: (order online prior to surgery)
  - Homeopathic Arnica Montana ointment or SinEcc (pill form). Usage depends on the formulation. Typically, one pill 3x/day x 4 days starting the day of surgery. Ointment is applied to bruising 3 times a day.
  - Bromelain (homeopathic medicine).
  - Good nutrition & fruits (pineapple & papaya)
  - Ocumend gel pads (available on online)

## Post-Treatment Botox

- Do not manipulate the treated area for 3 hours following treatment. Do not receive facial/laser treatment or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Do not perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

## Post-Treatment Instructions Dermal Filler

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling for 24 hours.
- Please apply cool compresses or ice packs for 20 minutes each hour, the first few hours after treatment (while awake). This will help minimize swelling.
- Use Tylenol for discomfort, this will also minimize swelling.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling. This may be started the day of surgery 3-4 times a day for 4 days. Arnica, is not necessary for healing. This option is elective.
- If you experience severe pain, redness at injection site, loss of vision or any other visual symptoms, call immediately (650) 723-6995, or go to the ER.

