

Pre-Treatment Instructions

- No alcoholic beverages at least 24 hours prior to treatment (as this may increase the risk of bruising)
- If possible, avoid blood-thinning over the counter supplements (e.g. fish oil, vitamin E, multivitamins, garlic, ginseng, ginkgo) and medications that are non-steroidal anti-inflammatory drugs (e.g. ibuprofen [Motrin and Advil], aspirin, naproxen [Aleve]) for 10 days before treatment
- Schedule your treatment at least 2 weeks prior to any special events you may be attending, as the treatment effects may take 4-7 days to appear and some swelling/bruising may be apparent during that period.
- If you have a history of cold sores, please let us know during the initial consultation, as you may need an anti-viral medication prior to treatment
- We do not recommend treatment during pregnancy and lactation.

Post-Treatment Instructions for Botox

- Avoid manipulation of the treatment area for 3 hours after treatment. Do not rub your eyes.
- Avoid strenuous physical activities (straining, lifting > 10 lb, vigorous exercise) for 6 hours after treatment.
- It can take ~4-7 days to see results from Botox injection, and effects typically last ~3 months.

Post-Treatment Instructions for Facial Fillers

- Avoid manipulation of the treatment area unless specifically instructed.
- Avoid strenuous physical activities (straining, lifting > 10 lb, vigorous exercise) for 24 hours after treatment.
- Avoid excessive alcohol and salt intake after treatment to avoid excessive swelling
- Sleep on your back with face slightly elevated (1-2 pillows) to reduce swelling
- Use cool compress for 15 min each hour if you have swelling
- Use Tylenol for comfort as needed. If possible, avoid blood-thinning over the counter supplements (e.g. fish oil, vitamin E, multivitamins, garlic, ginseng, ginkgo) and medications that are non-steroidal anti-inflammatory drugs (e.g. ibuprofen [Motrin and Advil], aspirin, naproxen [Aleve]) for 3 days after treatment

If you have any further questions, please call us at (947) 217-FACE (3223) or contact us through our website at www.JOSEPHface.com