



Dermal Fillers

PRE-TREATMENT INSTRUCTIONS

Dr. Enzenbacher asks that the following guidelines are followed prior to any Botox treatment in order to achieve the best results and reduce side effects.

- Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
- If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment. Please contact Dr. Enzenbacher if you think you may need a prescription for this medication.
- NO Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- Take Hyland - Arnica Montana 30x
 - Beginning 3 days prior to treatment take 2 tablets under the tongue 3 times per day (morning, afternoon and evening)
 - Carried by most major drugstores and Amazon
- AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment



POST TREATMENT INSTRUCTIONS

- **DO NOT:** Touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. You can cause irritation, sores, and/or problems, and possible scarring if you do.
- **AVOID:** Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A., Vitamin E, or other essential fatty acids at least 3 days after treatment.
- **AVOID:** Alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours after your treatment.
- **AVOID:** Vigorous exercise and sun and heat exposure for 3 days after treatment.
- **DISCONTINUE:** Retin 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.
- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. Apply ice after treatment for ten minutes on and ten minutes off for one hour.
- You must wait 2 weeks before any enhancements.
- ***Please report any redness, blisters, or itching immediately if it occurs after treatment.***
- I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.