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Botox / Dysport & Fillers

Pre-Treatment Instructions

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- We recommend that you discontinue the use of 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 to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising.
- Please avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase the risk of bruising and swelling.)
- If you develop a cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, please reschedule your appointment until it resolves.
- If you have a history of cold sores, please let us know. We may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- We recommend that you discontinue using Retin-A two to three (2-3) days before treatment to avoid any increased redness and irritation.
- We recommend that you wait at least 2 weeks after having the treatment performed to have cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.
- Please arrive with no make-up and your skin cleansed

Botox /Dysport & Fillers are **contraindicated** if you are allergic to any of its ingredients (including egg/milk protein), or have a history certain of neurologic disorders.

Precautions

You would NOT be considered a candidate for Botox/ Dysport or Fillers if you have any of the following:

- Myasthenia Gravis
- Allergy to Botulinum Toxin
- Neuromuscular disorder
- Pregnant or breastfeeding
- Allergy to human albumin

Please inform your provider if you have any questions about this prior to the treatment