



PRE-INJECTION ADVISE

- If possible, please arrive makeup free. Please also remove any facial piercings prior to your appointment.
- Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. 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.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area, we cannot treat you if this is the case, due to risk of granulomas and our duty of care to you.
- Avoid prescription medicines to thin the blood such as Warfarin, Clexane, Fragmin and Heparin. ALWAYS ask your doctor first prior to stopping these medications as they may be being prescribed to prevent dangerous blood clots in your body.
- Avoid retinoid and Retin A medications.
- Avoid medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Avoid alcohol and cigarettes at least 48h hours prior to treatment since they can thin the blood and increase the risk of bruising.
- Some patients report too, that taking Arnica tablets for 3 days before treatment can also help.
- Please let us know in advance, if you are having liquid rhinoplasty and have a severe cold or allergic rhinitis.
- Please email us at info@mypureaesthetics.com with any queries or questions you may have.

We look forward to welcoming you to the clinic!