injectables, neurotoxins and dermal fillers

INJECTABLES, NEUROTOXINS & DERMAL FILLER PRE & AFTERCARE SHEET

QUESTIONS/CONCERNS PLEASE CALL THE SCHOOL AT (801) 530-0001

FOR EMERGENCY RESPONSE

Natalie Parkin, Skinworks Owner (801) 414-7551
Tessa Linford, Medical Director (801) 706-7710

BEFORE YOUR APPOINTMENT

- Inform your provider of all medications, supplements, allergies, medical conditions, recent illnesses, and previous injectable treatments.
- Medications and supplements that affect bleeding may increase bruising. These may include aspirin, ibuprofen/Advil, naproxen/Aleve, fish oil, Vitamin E, and Ginkgo Biloba.
- Do not discontinue any prescription medication unless approved by your prescribing healthcare provider.
- Avoid alcohol for 24–48 hours before treatment to help reduce bruising and swelling.
- Avoid strenuous exercise the day before and day of your appointment when possible.
- Avoid waxing, tweezing, threading, chemical peels, laser treatments, or other treatments that may irritate the treatment area immediately before your appointment.
- If you have an important event, wedding, vacation, or photographs planned, schedule injectable treatments at least 2 weeks beforehand to allow time for swelling or bruising to resolve and results to settle.
- If you have a history of cold sores, especially when treating the lips or area around the mouth, notify your provider prior to treatment.
- Notify your provider of any recent or upcoming dental procedures, vaccinations, illness, infection, or skin irritation.

THE DAY OF YOUR APPOINTMENT

- Eat a light meal or snack before your appointment to help prevent lightheadedness or dizziness.
- Arrive well hydrated
- Arrive with a clean face whenever possible, free of makeup, lotions, or other products in the treatment area.
- Inform your provider about any changes in medications or health since scheduling your appointment.
- Inform your provider if you have received Botox or another botulinum toxin product recently.

WHAT TO EXPECT AFTER INJECTIONS

- Mild redness, tenderness, swelling, and pinpoint bruising at injection sites may occur and generally resolve within several hours to several days.
- Avoid rubbing, pressing, or unnecessarily manipulating the treated area.
- Avoid strenuous exercise or activities that significantly raise your heart rate for approximately 24 hours. For filler, your provider may recommend up to 48 hours.
- Avoid alcohol for approximately 24 hours after treatment to help minimize bruising.
- Avoid excessive heat such as saunas, steam rooms, hot tubs, and hot yoga for 24–48 hours.
- Avoid aggressive facial treatments, massage, chemical peels, microdermabrasion, or laser treatments in the treated area until advised it is appropriate.
- Protect your skin from excessive sun exposure and wear a broad-spectrum sunscreen daily.
- Follow any additional instructions given by your treating provider.

injectables, neurotoxins and dermal fillers

NEUROTOXIN SPECIFIC AFTERCARE

- Mild redness, tenderness, swelling, and pinpoint bruising at injection sites may occur and generally resolve within several hours to several days.
- Avoid rubbing, pressing, or unnecessarily manipulating the treated area.
- Avoid strenuous exercise or activities that significantly raise your heart rate for approximately 24 hours. For filler, your provider may recommend up to 48 hours.
- Avoid alcohol for approximately 24 hours after treatment to help minimize bruising.
- Avoid excessive heat such as saunas, steam rooms, hot tubs, and hot yoga for 24–48 hours.
- Avoid aggressive facial treatments, massage, chemical peels, microdermabrasion, or laser treatments in the treated area until advised it is appropriate.
- Protect your skin from excessive sun exposure and wear a broad-spectrum sunscreen daily.
- Follow any additional instructions given by your treating provider.
- Avoid tight hats, headbands, massage tables, facial treatments, or anything else that places significant pressure on the injection sites.

DERAML FILLER SPECIFIC AFTERCARE

- Swelling, tenderness, firmness, bruising, or temporary asymmetry can occur following filler and may be more noticeable during the first 24–48 hours.
- Apply a cool compress gently for short intervals as needed. Do not place excessive pressure on the treated area.
- Sleeping with your head slightly elevated the first night may help with swelling.
- Avoid touching, rubbing, pressing, or massaging the filler unless your provider specifically instructs you to do so.
- Avoid makeup, lipstick, lip balm, or other products directly over fresh injection sites for approximately 12–24 hours, or as directed by your provider.
- If filler was placed around the lips or mouth, avoid unnecessary pressure or manipulation of the area while swelling is present.
- Mild lumps or unevenness may occur initially as swelling settles. Do not massage them unless instructed by your provider.
- Avoid routine dental cleanings and non-urgent dental procedures for approximately 2 weeks before and after filler around the mouth when possible.
- Avoid facials, facial massage, chemical peels, laser treatments, or aggressive exfoliation in the treated area for approximately 2 weeks, unless cleared by your provider.
- Final filler results are typically best evaluated after approximately 2 weeks.

WHEN TO CONTACT

AFTER FILLER – CONTACT YOUR PROVIDER (TESSA, (801) 706-7710) IMMEDIATELY FOR:

- Increasing or severe pain
- Unusual or worsening skin discoloration
- Whitening or blanching of the skin
- Dusky, gray, blue, or mottled coloration
- Significant or rapidly increasing swelling
- Signs of infection

SEEK MEDICAL ATTENTION FOR:

- Vision changes or loss of vision
- Difficulty breathing, swallowing, or speaking
- Symptoms of a severe allergic reaction
- Severe weakness or other significant or rapidly worsening symptoms

injectables, neurotoxins and dermal fillers

SKINCARE

- Cleanse the area gently and avoid excessive rubbing.
- Do not massage skincare products aggressively into the treated area during the first 24 hours.
- Avoid harsh exfoliating products if the skin is red, tender, or irritated.
- Wear a broad-spectrum sunscreen daily.

RESULTS & REBOOKING

- **Neurotoxin/Botox:** Evaluate final results at approximately 14 days. Maintenance treatments are commonly performed every 3–4 months, depending on individual response and provider recommendation.
- **Dermal Filler:** Evaluate final results at approximately 2 weeks. Maintenance varies depending on the product used, treatment area, and individual response.