

## Pre/Post Injection Instructions

Prior to injections such as Botox, Juvederm, Restylane, Sculptra and other fillers, please avoid the following for 7-10 days prior to your appointment as they can lead to excessive bleeding and possible bruising:

- Aspirin
- Advil, ibuprofen, aleve
- Vitamin E, multivitamin with E
- Omega 3 and Omega 6 supplements (fish oil)
- Gingko Biloba
- Ginseng
- Herbal Supplements

If you have been prescribed daily aspirin by your medical doctor, please do not discontinue it.

Tylenol (acetaminophen) may be taken 1 hour prior to your appointment or after treatments as needed for discomfort.

Topical numbing cream such as LMX 4% or 5% may be applied 1 hour prior to your appointment to minimize discomfort.

If you have a history of cold sores, please ask us about antiviral prophylaxis with valtrex, acyclovir or famvir.

To minimize bruising, arnica (topically or orally) or bromelain (supplement or from pineapple) can be taken.

Please feel free to call the office at (203)-869-4242 if you have any questions before or after any procedure.