

*Ageless MDSolutions*  
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## **Botulinum Toxin A, and Filler Injection Instructions**

### **Before Treatment:**

Avoid Aspirin, Vitamin E, St. John's wort, and other dietary supplements including ginkgo, and ginseng for several days. If you are taking daily aspirin for your heart, you may continue it, or consult your doctor.

Avoid ibuprofen (e.g., Advil, Motrin) and alcohol for 2 days.

Please come to your appointment with a cleanly washed face.

### **After Treatment:**

Remember: **BRUISING IS COMMON** after treatments with toxins and fillers. It may last 7-10 days. Asymmetry may occur, WHICH IS EASILY FIXED.

**Botulinum Toxin:** Avoid lying down for 3-4 hours immediately after treatment. Avoid applying heat to the treated area on the day of treatment. **Avoid activities that cause facial flushing** for at least 4 hours on the day of treatment, including consuming alcohol, hot tub or sauna use, exercising, and tanning. You may use an ice pack on the area of swelling. Avoid ice application for more than 15 minutes at a time.

The effects of Botulinum toxin treatment take about 1 week to fully develop and last approximately 2.5 - 4 months.

If 1-2 weeks after treatment you feel that you require a touch-up, or re-examination, please contact Dr. Lieberman.

**Fillers: Unlike Botulinum toxin**, you may gently massage and smooth out treated the area each evening for 2-3 days. You may use an ice pack to reduce swelling. Bruising is more significant after filler injection than with toxin.

You may use make-up to conceal the bruises of Botulinum toxin AND Filler.

We work carefully to avoid and minimize bruising.