



Client Pre & Post Care Instructions
Injectables: Botox/Filler

Thank you for scheduling your Injections with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimal results.

Pre Care Instructions

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin your blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. 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.
- Schedule your dermal filler and botox appointment at least 2 weeks prior to a special event which you may be attending. 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.
- For clients who have a history of herpes outbreaks in the areas being treated, we recommend a prescribed medication, such as Valtrex, for one week prior to the treatment to help prevent an outbreak. Ask your injector for a prescription.
- If there is a current breakout present, please call to reschedule for 2 weeks out.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.
- Arnica may be taken orally to help the bruising and swelling, starting at least 2 days prior to injections.

Post Treatment Expectations for Botox

- Do NOT manipulate the area for 4 hours following treatment.
- Do NOT receive facial or laser treatments after Botox injections for 2 weeks. Ask your provider if you are not sure about the time frame of certain services.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 7-10 days for full results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for any product used during any touch-up appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere and also decrease the risk of bruising.



Post Treatment Expectations for Filler

- Avoid significant movement or massage of the treated area.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Do NOT sleep on your face. Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica orally to help the bruising and swelling, start at least 2 days prior and continue for 2 days after injections. Arnica may also be applied topically post injections.