



Paige C. Holt, MD • Glori Traeder, CNP

Plastic Surgery & Aesthetics

Aesthetic Procedure Instructions

Your satisfaction is our utmost concern! These simple suggestions before and after your treatment may make the difference between a good result and a fabulous one!

One week prior to treatments:

- Please inform us if you have a history of facial cold sores. We may recommend medication to minimize a recurrence.
- Begin Arnica as instructed, if desired.
- Reschedule your appointment if you have a fever, cold sore, blemish or outbreak or rash in the treated area.
- Avoid Aspirin (if approved by your primary provider) Ibuprofen, Aleve or many herbs/supplements (Gingko Biloba & Vitamin E)
- Discontinue Retin-A products 2 days before and after treatments.
- Schedule treatments 2-3 weeks before special events

Following injectable treatment:

- Gently wash the treated area twice daily; apply light moisturizer, continue with SPF 30 or greater, sun protection daily
- Drink plenty of water, following Restylane or Juvederm products, for first 48 hours
- Avoid overly touching or massaging the treated areas, unless instructed to massage with Sculptra Aesthetic
- You may apply makeup and/or camouflage
- Apply cold compresses intermittently to reduce swelling
- Sleep on several pillows; do not sleep directly on your face
- Avoid strenuous exercise or alcohol for 6 hours following treatment
- Avoid sunbathing (never encouraged!) and cold/hot outdoor activities until redness and swelling disappear

Following Botox or Dysport treatment:

- Do not lay down or bend forward for 4 hours following treatment
- Avoid vigorous activity/exercise for 12 hours
- Avoid rubbing, massage or pressure on treated area day of treatment
- Avoid other facial treatments day of Botox injections

For 1-7 days following injectable treatments you may experience:

- Swelling, bruising, tenderness, redness, and palpable lumpiness (if these symptoms persist or worsen, please contact our office)
- Itching sensation
- Bruising and / or bleeding risks increase if you regularly take Aspirin or anti-inflammatory medications (such as Ibuprofen, Motrin, Aleve) or blood thinner medication

Having a follow-up treatment before the product has fully dissipated will maintain your refreshed look.

Please contact the office if you have any questions or concerns.

