

# miami skin + vein

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## Pre/post Injectable Instructions

Please read the before/after instructions for your treatment completely. If you have questions or concerns, text us through KLARA at (786) 460-3496 or call our office at (786) 618-5039.

### A. Before any injectable treatment

1. Avoid wearing makeup to your appointment.
2. Avoid blood thinners for 1 week prior to your treatment to reduce the chance of bruising.
3. Drink water and eat something prior to your treatment.
4. If you have a history of cold sores, let Dr. Patel know prior to your treatment.
5. Avoid dental procedures including cleaning within two weeks (before or after) of filler treatment. This is not necessary for Botox/Dysport treatment.

### B. Medications to discontinue 7 days before injectable treatment to avoid bruising

- Aspirin
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- St. John's Wort
- Omega 3 fatty acids (fish oil)
- Vitamin E
- Ginger
- Ginkgo Biloba
- Ginseng
- Garlic containing supplements
- Other herbal supplements known to increase risk of bruising

\*\*Do not stop taking any medications prescribed by a doctor, including Aspirin, without first discussing with the prescribing physician.

### C. After Dysport

1. Do not massage the treatment area.
2. Dysport will not start to work until a few days after the treatment. The final effect of the treatment will be seen in 14 days.
3. Makeup can be applied 45 minutes after the treatment.
4. No exercise for the first 24 hours after treatment.
5. Dr. Patel likes to see patients for a follow-up 2 weeks after Dysport treatment to confirm that the treatment dose is adequate and eyebrow position is appropriate.

### D. After Restylane fillers

1. Swelling and redness are noticeable immediately after the treatment and may last 2-3 days. Swelling is particularly common when the lips or undereyes have been treated.
2. Bruising is possible and will resolve like bruises anywhere else on the body in 1-2 weeks.
3. Do not massage the treated areas unless instructed by Dr. Patel. If you had Sculptra treatment on the same day, then the areas treated with Sculptra will need to be massaged. See below for Sculptra instructions.
4. You can apply makeup to your skin 4 hours after treatment.
5. Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours.

6. Soreness is common for 2-3 days after the treatment including pain in your temples and jaw when opening the mouth or chewing. Filler injections to the cheeks and chin also cause soreness.

E. After Sculptra

1. Swelling and redness are noticeable immediately after the treatment and may last 2-3 days. Bruising is possible and will resolve like bruises anywhere else on the body in 1-2 weeks.
2. Massage the treated area for 5 minutes, 5 times per day for 5 days after treatment. The massage is necessary to distribute the product evenly. Even if it is slightly painful to massage the treated areas for the first couple of days, it is still necessary.
3. If Dysport was performed on the same day as Sculptra, start your massages the following day to avoid displacing the Dysport.
4. You can apply makeup to your skin 4 hours after treatment.
5. Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours.
6. Soreness is common for 2-3 days after the treatment including pain in your temples and jaw when opening the mouth or chewing.
7. A few days after treatment, the post treatment swelling will have resolved, and your face will look as it did before treatment. This is normal and temporary. Over the next couple of weeks, your body will slowly begin to produce collagen. It is important to remember that Sculptra works over weeks to months to gradually replace lost collagen.
8. Most patients require multiple treatments with Sculptra for optimal results.

F. After Radiesse

1. Swelling and redness are noticeable immediately after the treatment and may last 2-3 days. Bruising is possible and will resolve like bruises anywhere else on the body in 1-2 weeks.
2. You may be able to feel the area where Radiesse was injected for some period after injection. Over time, the injected area will feel more and more like your own tissue.
3. Dr. Patel may ask you to massage the treated areas twice a day for 5 days. Only massage the areas if instructed by Dr. Patel.
4. You can apply makeup to your skin 4 hours after treatment.
5. Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours.
6. Soreness is common for 2-3 days after the treatment including pain in your temples and jaw when opening the mouth or chewing. Filler injections to the cheeks and chin also cause soreness.
7. The microspheres in Radiesse can be seen in X-rays and CT scans. Please inform your doctor and other health care professionals that you have had Radiesse injected into your face or other treatment areas.