

# PRE-INJECTION INSTRUCTIONS

TO BEST PREPARE PRIOR TO AESTHETIC INJECTIONS  
PLEASE DO THE FOLLOWING:

1. Stop taking any aspirin, advil, motrin, aleve, naproxen, ibuprofen, pamprin, or midol 5-7 days before your appointment. (Tylenol is okay to take)
2. Stop taking any over the counter supplements like fish oil, vitamin E, omega 3's, green tea, garlic, ginseng, ginkgo, St. John's Wort and Melatonin 5-7 days in advance of your appointment.
3. Stop alcohol consumption like wine, liquor, and beer 2 days prior to your appointment.
4. Do not exercise the day of your appointment and for 24-48 hours afterwards.
5. You may begin taking a homeopathic supplement like Arnica Montana 30x tablets under your tongue 2-3 days prior to your appointment as directed on the packaging to assist in the reduction of bruising associated with injections. (Available to purchase at time of injection if desired)
6. Let us know if you have previously experienced cold sores. We will call in an antiviral prescription.
7. Inform us of ANY changes to your health history or medications since your last visit.
8. Avoid all dental procedures and cleanings for at least 2 weeks BEFORE and AFTER receiving treatment with fillers/biostimulators (\*does not apply to neuromodulators).

**\*\*None of these recommendations are a guarantee, you may still have bruising associated with your aesthetic filler or Botox injections. These symptoms can last anywhere from 3-5 days to upwards of 2-3 weeks before resolving completely.**

Valerie Daily • Kimmi Ragone • Kate Lynch • Monette Solomon • Alexa Borodiak



# POST-INJECTION INSTRUCTIONS

## POST INJECTION RECOMMENDATIONS INCLUDE:

- ✔ Expect some temporary redness, irritation, tenderness to the touch, bruising and visible swelling (up to 4-6 weeks) post injection. These are temporary and normal side effects and generally resolve in a few days to a week. (You may apply topical arnica cream or arnica gel twice a day to assist with healing if desired)
- ✘ Avoid strenuous exercise, and extreme heat (suntanning/outdoor gardening/etc.) for 24-48 hours. Please apply an SPF 30 or greater daily to protect your skin after your injections.
- ✔ Ice may be applied to injection areas to reduce inflammation intermittently, 10 minutes on and 10 minutes off an area for up to 30-60 minutes at a time. Ice can be effective for up to 24 hours post injection.
- ✘ Avoid touching the injection area/s for 6-12 hours. After that you may cleanse the area twice a day using a gentle facial cleanser.
- ✘ Avoid the application of all cosmetics, moisturizers, and active topicals such as Retin-A, Retinol, Trentinoin, Alpha/Beta Hydroxy Acids, Glycolic or Salicylic Acid based products for 24-48 hours.
- ✘ Do not schedule facials, facial waxing, chemical peels, extractions, or laser treatments for 14 days.

## ❓ QUESTIONS OR CONCERNS

**Please contact your aesthetic injector at the office where you were treated during business hours with any questions or concerns (see below).  
AFTER HOURS-EMERGENCY on call (215) 662-4552**

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