

INJECTABLES

(Botox and Hylauronic Fillers - Juverderm, Restalyne and Perlane)

PRE AND POST TREATMENT INSTRUCTIONS

Before Treatment Starts: It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment. Treatment is not recommended if you are pregnant or nursing.

Pre-Treatment Instructions

1. **RECOMMENDED: 3 days prior to an HA Filler treatment:** start taking **BOIRON** Oral Arnica Montana 30C pellets.
2. Limit any alcohol and caffeine consumption for 3 days before and after treatments.
3. Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin or Aleve) 3 to 7 days before treatment.
4. Do not use any products containing Retin A or Retinol 3 to 7 days prior to treatment.
5. Avoid fish oil and other herbal supplements 5 to 7 days prior to treatment.

Post-Treatment Instructions

1. No exercise workouts or hot tubs/hot shower/saunas for at least 24 hours after treatment.
2. Avoid consumption of alcohol beverages for at least 24 hours.
3. If you experience redness or swelling at the injection site after treatment, apply for 2 to 3 days or until symptoms improve **Cold Packs** and **Hydrocortisone 1%** (e.g. Cortaid, available over the counter) up to 4 times daily; [] **TNS** up to 4 times daily; [] **Biafine** up to twice daily. Avoid direct sunlight to the affected area while experiencing these symptoms.
4. You may take anti-inflammatory medicine as directed (e.g. Motrin, Aspirin, Aleve – all available over the counter) 15 minutes after meals or Tylenol as directed. **DO NOT TAKE** anti-inflammatory medicine IF you have a history of stomach ulcers or stomach upsets after taking them. Tylenol is not an anti-inflammatory medicine.
5. Makeup can be applied after 12 hours as long as the skin is not broken.
6. Call **425-316-8200** if you have any questions or concerns.

BRILLANT DISTINCTIONS PROGRAM

Dr. Lin is one of a few selected doctors invited to participate in the Brilliant Distinctions Program which is great news for his clients.

The Brilliant Distinctions Program is like a “frequent flyer” program where you earn 200 points (equivalent to \$25) for Botox and/or Juvederm treatments.

Earn a higher return per point as you accumulate more points – which means the more you participate in the program, the greater the rewards.

Redeem points, which are good for up to 2 years, towards future Botox or Juvederm treatments and other Allergan products such as Latisse, Vivite and MD Forte.

Members will receive special offers and exclusive invitations. To join this exclusive program, you can sign up at www.BotoxCosmetic.com/Brilliant_Distinctions_Program.aspx.

ARNICARE by BOIRON

Natural Everyday Pain Relief

- Muscle Aches & Stiffness
- Swelling from injuries
- Discoloration from Bruising

Arnicare reduces pain, swelling and discoloration from bruising, and is recommended by plastic surgeons.

With Arnicare’s natural pain relief, there is no risk of overdose, no known side effects, no contraindications and no drug interactions.

RECOMMENDED 3 DAYS PRIOR TO JUVEDERM INJECTION:

BOIRON Oral Arnica Montana Pellets –30C

Easy to use, oral Arnica pellets provide systemic action for the whole body to bring relief to everywhere you hurt.

Patient Name

Patient Signature

Date

Mill Creek Skin & Laser Center

15111 Main Street, Suite A210 □ Mill Creek, WA 98021 □ 425.316.8200 □ www.millcreekskinlaser.com

Hours: Tuesday-Saturday 10:00 AM-6:00 PM