

MILL CREEK SKIN & LASER  
**INJECTABLES - PRE & POST INSTRUCTIONS**  
(Botox and Hylauronic Fillers – Voluma, Vollure, Volbella, Juvederm)

**IMPORTANT**

- Please 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, nursing, taking blood thinners or immunosuppressants, or are immunocompromised.
- Each person's body reacts differently due to the different degree of skin laxity. The effect of the injection may not be exactly the same every time.
- Results and longevity of effect are individually different.
- Touch-ups will incur an additional charge per unit or per syringe.

**PRE-TREATMENT INSTRUCTIONS**

➤ **Botox & Filler:**

- Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin or Aleve) 3 to 7 days before treatment.
- Avoid fish oil and other herbal supplements 5 to 7 days prior to treatment.

➤ **Filler; Additional Instructions:**

- **PREVENT BRUISING: 3 days prior to and following a Filler treatment** start taking **BOIRON** Oral Arnica Montana 30C pellets. Arnica Gel or Cream can be applied topically after treatment as well. Arnica is natural pain relief that helps reduce pain, swelling and discoloration from bruising.
- Limit any alcohol and caffeine consumption for 3 days before and after treatments.
- Do not use any products containing Retin-A or Retinol 6-7 days prior to treatment.

**POST-TREATMENT INSTRUCTIONS**

➤ **Botox & Filler:**

- Makeup can be applied after as long as makeup applicator is clean to avoid infection and skin is intact.
- If bruising occurs, we have a laser to help speed up the recovery time and makeup to help conceal it. Please call us when it's needed. This is complimentary to the injections.

➤ **Filler; Additional Instructions:**

- Swelling and bruising are to be expected. Cold compression can be used for 2 days or longer as needed, 2-5 minutes on and 2-5 minutes off, five times a day.
- Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin, Aleve), fish oil and other herbal supplements until your swelling and bruising subsides. If you need to take pain medication, you may take Tylenol.
- Avoid strenuous exercise, hot tubs/hot showers/saunas for at least 24-48 hours after treatment (and until any swelling subsides), as this increases the heart rate and quickens blood-flow, which can prolong swelling. Also, it is advisable to avoid excessive exposure to the sun and elements until swelling has subsided.
- Do not sleep on the face for the first 24-48 hours as the filler is still malleable during this time.
- Avoid alcoholic beverages for at least 24 hours.
- **Arnica by Boiron (oral and topical) is highly recommended for 3 days following treatment.**

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Patient Name

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Patient Signature

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Date

MILL CREEK SKIN & LASER • 15111 Main Street, Suite A201 • Mill Creek, WA 98012 • 425.316.8200 • [www.millcreekskinlaser.com](http://www.millcreekskinlaser.com)

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