

Instructions for Dermal Fillers Treatment

Pre-Treatment Tips

- Avoid blood thinners, anti-inflammatories such as ibuprofen (motrin), herbal medications, vitamin E and aspirin, and red wine 5 days prior to treatment. Please check with your primary physician before stopping any recommended medications.
- Have water or food 30 minutes prior to appointment as you will be advised not to move your mouth for about 4 hours after treatment if your Juvederm® treatment is around the lips. This allows time for the product to "settle in" and give you the best results.
- Whole Foods sells vitamin K cream and Arnica cream and Arnica homeopathic pills and bromelain (in pineapple juice) to help heal bruising. Best to have this available prior to treatment.
- Please notify Dr. Roberts if you have a history of recurrent herpes simplex lesions (preventative prescription will be called into the pharmacy prior to treatment), recurrent bacterial infections, diabetes, severe hypertension, multiple allergies, autoimmune disorders or a history of Lyme disease or other infections.

After The Treatment

- Note: no alcohol for 24 hours after treatment
- Apply cold compresses on treated areas for at least 5 minutes 5 times for a day after treatment to decrease swelling
- No increased blood pressure (i.e. UV, Turkish baths, sauna, hot tub, exercise, cardio, sunlight) for 4 hours post treatment (*Helps prevent bruising*)
- It is recommended that make up not be applied until 12 hour after treatment to allow the skin to breathe
- Avoid excessive facial expressions and strenuous exercise for 4 hours after your treatment. (*This helps the product to "settle" without disturbing the location where it was injected.*)
- Do not rub or massage the area for 24 hours
- Redness, swelling & sharp pain may last for 5-6 days
- There is a risk of bruising which is only temporary and can be covered up with make-up. Arnica & vitamin K creams help with the healing of bruises
- Juvéderm® & Perlane® provide effect for an average of 6-9 months. This effect varies depending on the type of skin, areas, and amounts injected. A follow up procedure 2-4 weeks after the initial treatment helps to lengthen the duration and optimize the results
- Eat soft foods or use Tylenol for any pain in the first 24 hours after treatment
- Please notify the doctor if there are persistent swelling/nodules/discoloration at injection sites

Botox Instructions:

Botox is used for the temporary smoothing of facial wrinkles caused by repetitive facial expressions. It is mostly used for the forehead, glabellar lines (frown lines between eyebrows), crows feet (smile lines by eyes), bunny lines (by side of nose), downturned tip of nose, heavy masculine jaw line, vertical lip lines, downturned corners of lips, and chin.

Botox is contraindicated in the following conditions:

A history of hypertrophy or keloid scars, any autoimmune disease or immune therapy, allergy to albumin, pregnancy, breast-feeding.

Should you have any questions, please call me at 703 927 0044.

–Anouche Roberts, M.D.

Please note:

Although the actual procedure of a non-surgical liquid facelift takes minutes to perform, the actual results are *not instantaneous*.

Consider this treatment as “skin surgery.” Optimal results appear *one month* after treatment when, in most people, the swelling and bruising has resolved.