

# Glam +Glo Medical Aesthetics Lounge

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## Pre-Treatment Instructions for Injectables (dermal fillers and neurotoxins)

- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections. If you are prescribed any of these medications, check with your physician prior to discontinuing.
- Schedule your [Dermal Filler](#) and [Botox](#) appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Reschedule your appointment at least 24 hours in advance if you have a rash or cold sore on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Consuming alcoholic beverages at least 24 hours prior to treatment may cause increased risk of bruising (alcohol may thin the blood and increase the risk of bruising)
- You are not a candidate for any injectable services if you are pregnant or breastfeeding, as the safety of neurotoxins and dermal fillers during pregnancy and lactation have not been determined.