



Ballert

Medical Aesthetics

INSTRUCTIONS FOR BEFORE YOUR AESTHETIC TREATMENT:

We look forward to seeing you at Ballert Medical Aesthetics. In anticipation of your upcoming appointment, please adhere to the following guidelines:

- 1. Medications:** Avoid blood-thinning medications for 2 weeks prior to your treatment. This includes aspirin, NSAIDS (ibuprofen, Motrin, Aleve, etc.), Vitamin E, Green Tea, Garlic, Gingko, Ginseng, and Fish Oil. If you are on blood-thinning medications prescribed by your doctor, continue to take these medications as instructed. Prescription blood-thinning medications include: Coumadin (warfarin), Plavix (clopidigrel), Effient (prasugrel), Brilinta (ticagrelor), Eliquis (apixaban), Xarelto (rivaroxaban), Aspirin, Pradaxa (dabigatran). Toxin and filler injections may be performed while on blood thinners, but this does increase your risk of bleeding and bruising.
- 2. Makeup:** Avoid wearing makeup to your appointment. We understand this is difficult to do, but we will need to remove your makeup prior to treatments. Although we do not want you to place makeup on the treatment areas for 24 hours after your treatment, you may want to bring your makeup with you if you would like to apply this to non-treatment areas prior to leaving Ballert Medical Aesthetics.
- 3. Travel:** Air travel immediately after neuromodulator treatment (Botox and Dysport) is okay. If you are planning to travel by air within 2 weeks following your filler, we ask that you call to reschedule. There is a risk of increased complications (such as infection and bruising) if you fly within the 2 weeks after facial fillers.
- 4. Alcohol:** To decrease the risk of bleeding, avoid alcohol for 24 hours prior to your treatment.
- 5. Bruising:** In order to decrease bruising prior to your treatment, Oral Arnica Montana pills or sublingual tablets 3 to 5 times per day for a few days prior to your treatment can help prepare your body to decrease bruising and quicker recovery. After your treatment, applying a thin layer of Arnica Montana ointment on the affected area 3 times per day can help clear up bruising. Oral bromelain (500 mg twice daily until the bruise resolves) may also help to treat bruising. Do not take bromelain if you are taking blood-thinning medications prescribed by your doctor. Do not take bromelain before the injection, as this may increase bruising.