

**Pre-Treatment Instructions for  
Dysport/Botox/Xeomin (neuromodulators) and Filler**

- 1) If you have Herpes Simplex or are prone to cold sores and are having lip or peri-oral, (the area around the mouth), injections, I recommend starting prophylaxis with Valtrex, (the generic is valacyclovir), on the day of treatment.

The typical dose is 2 grams by mouth every twelve hours for two doses. Please call your primary care physician for a prescription.

Please remember to stay hydrated while taking this medication.

- 2) *Bruising is always a possibility when injecting anything into the skin.* Bruises occur occasionally with even the most experienced injectors. Although I have created a technique that reduces the occurrence of bruising, please note that it can still happen to anyone. Bruising tends to be more common with filler but can occasionally happen with Dysport/Botox/Xeomin.

Please allow for adequate downtime for fillers, (at least 1 or preferably, 2 weeks), before events or airline travel. The changes in airplane cabin pressure can make the newly placed filler expand and contract which can rupture capillaries and create bruising. Also, try and schedule neuromodulator treatment with Dysport/Botox/Xeomin around events allowing for several days if possible. Please refrain from taking aspirin, fish oil, krill oil, flaxseed, and chia seeds a week before any injections. If you are on aspirin or a blood thinner for a medical issue, ask your prescribing physician before temporarily

discontinuing these. Please do not have alcohol within 48 hours of your injection. Finally, please refrain from taking NSAIDs such as ibuprofen, (Advil or Motrin), or naproxen sodium (Aleve) at least 48 hours before your appointment.

Swelling is a natural reaction of the body to any break in the skin barrier such as that created by the needle. Dysport/Botox typically have little to no swelling whereas, with filler, it is typical, especially in the lips. Icing for 20 minutes on and 30 minutes off after the procedure throughout the day and first thing the following morning, where swelling is typically at its worst, can help alleviate the swelling. I want to reemphasize that swelling should be expected with filler but typically resolves within 48-72 hours.

You will feel product when you touch your skin as I just filled a space that was empty. Think of a pillowcase. It's flat and creased when empty and when full and smooth you can feel the pillow filler in there. That is a law of physics, and you can't fill a space without being able to feel something in there like firmness and occasional lumps and bumps. Since it will not be noticeable to others and your appearance is now significantly improved and more youthful, just enjoy the results!

It is also important to note that filler is used to replace the fat, collagen, muscle, and bone that atrophy as we age which creates an empty space. When I “fill” that empty space it is normal to feel it under the skin as you now have that volume back. You and others will not see “lumps and bumps”, but you will definitely feel something firm in an area that had filler added to it. Just like any empty container, when you add volume to that container, you will feel something in there. So

please expect this as part of having realistic expectations.

If you are having filler added under your eyes, purchase a freezable gel mask that can be frozen yet conforms to your face and has eye holes. This way you can wear it around the house as you go about your day. Local pharmacies and amazon.com may both have these.

Purchase two or more of these masks so you can alternate putting one in the freezer while you are wearing the other. It is reusable so you may keep it for future treatments.

If you cannot obtain the gel mask, you may apply small, form fitting ice packs or even a bag of frozen peas to the area. Keep a thin piece of Kleenex over your skin so you don't get frostbite. You can do this up to 4-5 times a day if needed.

I highly recommend taking the homeopathic remedy Arnica Montana both prior to and after the procedure as it is a safe way to reduce the severity of bruising and swelling. Arnica comes as both a pellet, which dissolves under the tongue, and as a topical cream or gel.

Taking both forms is synergistic and works even better than either form alone. "Boiron" is the most common brand of both the pellets and topical cream or gel. Boiron makes a popular topical brand called "Arnicare."

The dose on the container of the pellets is not important as they are all effective. I prefer to use the "rule of three's" when using Arnica Montana. Start three days before, take the pellets and apply the topical solution to the area(s) being injected

three times daily, and continue using it for three days after the appointment.

Bromelain, an extract from pineapples, is a natural anti inflammatory that may safely be taken with Arnica. Both may be purchased at my Rye office. I also have a supplement website that has an independent third party ensure the purity, potency, and efficacy of supplements. Given that there is no regulation of supplements in the US, I have my own website which you may access at [www.DSSOrders.com/DrMessenger](http://www.DSSOrders.com/DrMessenger). On this website you will be prompted to enter a registration code which is **AM366**. Finally, it is available at health food stores such as Whole Foods, Vitamin Shoppe or GNC, but I cannot guarantee the quality at those locations.

If you have any questions, please contact the office.