

## **BALLANTYNE PLASTIC SURGERY**

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### **Pre and Post Procedure Instructions for Aesthetic Services**

#### **Pre-Treatment Information:**

The following patients are NOT candidates for this treatment:

- A patient who has had an active cold sore/fever blister or skin infection.
- A patient cannot be under the influence of alcohol at the time of treatment.
- A patient cannot be on blood thinners at the time of treatment

#### **2 weeks before treatment:**

Stop all blood thinning supplements and medications. These include aspirin and Motrin and also may include St John's Wort, Fish Oil/Omega 3, Flax Seed oil and Vitamin E. These supplements will increase bruising and bleeding at the injection site. Although many patients receive treatment while taking these medications, the chance of bruising is moderately higher. In addition, use of alcohol, primarily red wine, could increase your chance of bruising when consumed within three days prior to treatment.

#### **Day before treatment:**

Please let the staff know if you have a history of cold sores/fever blisters PRIOR to treatment so an anti-viral medication can be prescribed. Treatment cannot be done if you have an active cold sore or skin infection and will be rescheduled.

#### **Day of treatment:**

If you choose to use a topical numbing agent, you must arrive 20 min prior to your appointment. Most of our dermal fillers have Lidocaine in them which helps with the discomfort associated with this treatment. Please advise the staff if you are allergic to Lidocaine or Novacaine. You should expect mild discomfort after the treatment and maybe some stiffness to the area. This is NORMAL. You may experience some temporary numbness in the area which is secondary to the lidocaine mixed with the filler.

#### **Post-treatment Information:**

It is normal for the area treated to feel tender for a couple of days post treatment. Tylenol is fine to take. Apply an ice pack immediately after to help reduce swelling. Swelling usually dissipates within 48 hours. If your lips were treated, swelling can last up to a week. **Bruising is rare, but it can happen even with excellent technique and a healthy patient.** It can last 7-14 days. Please plan your events accordingly. Arnica, a homeopathic supplement, has been shown

to reduce swelling and bruising. It can be taken one week prior to treatment and 2 times daily for 4 days post treatment. You can continue using the ice pack at home 4-6 more times in 15 minute increments.

- **Makeup can be applied 20 minutes post treatment if no complications are present. Please apply gently to the treated area.**
- **Gentle washing is allowed a few hours post treatment.**
- **For 6 hours post treatment, avoid touching the area, strenuous exercise, and alcohol.**
- **A post procedure skin care regimen will be suggested by our staff to maximize and prolong your treatment. Please contact our office if you experience any signs of infection, fevers, cold sores, increased pain or redness.**

PLEASE DO NOT HESITATE TO CALL US FOR ANY CONCERNS OR QUESTIONS!

**704-295-0777**