



www.beachesdermatology.com

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## Cosmetic Injectables

Dermal Fillers (ex. Juvéderm, Restylane, RHA) are minimally invasive treatments that add lost volume, enhance contours, and soften lines; whereas Botulinum toxins (ex. Botox, Dysport, Daxxify) decrease dynamic wrinkles caused from repeated facial expressions. Both allow for a fuller and smoother looking appearance with almost immediate results and little downtime. Injectables are complementary treatments to products and other procedures, and a suitable alternative to plastic surgery.

Treatment **cannot** be performed if:

- active cold sore, rash, hives, cyst, or infection in area
- allergy to filler, toxin, or lidocaine
- pregnant, breastfeeding, or planning on becoming pregnant
- autoimmune disease, keloid formation, or medication changes

**Avoid** for 2 weeks before and 2 weeks after treatment:

- dental work (including cleanings)
- vaccinations, steroid injections, antibiotic use, or blood thinners
- facials, massages, or other procedures on the face

**No** lying flat or repetitive bending over for 4 hours after injections; no exercise for 24-48 hours; and no plane rides for 48-72 hours.

Injectables can cause a cold sore flare-up. Appropriate medication can be prescribed, please ensure the medical staff is aware.

Potential side effects at injection sites can include, but are not limited to: bruising, ache/tenderness, firmness, swelling, lumps/bumps, or itching.

\*If you experience intense pain, discoloring of the skin to a white or grey, warm/red bumps, vision changes, signs of stroke, or notice anything unusual, please call office immediately.

Bruising is an expected side effect of injectables. If taking blood thinners (ex. Aspirin, ibuprofen, fish oil, St. John's Wort, ginkgo biloba, Vit E, alcohol), you will be at an increased risk of bleeding and bruising. Alastin Inhance Post-Injection Serum, oral and topical arnica, sleeping propped up, and cold compresses may help to decrease these side effects.

*\*Beaches Dermatology has a 2 business-day cancellation or rescheduling policy, if an appointment is changed within this time, a fee will be collected\**

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