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### **Pre and Post Treatment Instructions for Botox, Dermal Filler, and Laser Treatments**

For patients having Botox® , laser treatments, or injectible fillers, Dermatology Partners, Inc. recommends the following steps to facilitate healing and to reduce bruising:

1. Stop all products containing blood thinners - aspirin, ibuprofen, naproxen (Advil™, Motrin® , Aleve, etc.), green tea, and saint-john's wort for one week before your appointment. Tylenol® is fine.
2. Discontinue all supplements containing oils, such as vitamin e and fish oil for one week before your appointment.
3. Take arnica montana 30c (a homeopathic remedy available here or at health food stores) before and after your treatment. For two nights before your appointment, place 5 pellets under tongue and let them melt. Take no food or liquid for 15 minutes before or after. For 7 days after the procedure, take 5 pellets, 3 times a day, as directed above.
4. Following your treatment, you may apply arnica cream to the treated area to help reduce bruising. Additionally, pineapple extract bromelain is a good anti-inflammatory.

The content above is for informational purposes only. It is not a substitute for professional dermatological advice, diagnosis or treatment. Your medical history and the facts of your particular case will determine the dermatological treatment that is right for you. And remember, if you think you may have a medical emergency; call your doctor or 911 immediately.