

JNY Cosmetics

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PRE AND POST INJECTION INSTRUCTIONS

1. BEFORE INJECTION:

- a- **STOP** all supplements /medications containing: Vitamin E, C, fish oil/omega-3, ginkgo biloba, ginseng, aspirin, ibuprofen (ADVIL), naproxen (ALEVE), anti-inflammatories (CELEBREX) **1 week BEFORE** injectables to minimize/avoid bruising.
- b- The day of your appointment, **clean up** your face and avoid wearing make-up to decrease chance of infections.
- c- **DO NOT** drink **ALCOHOL** the day before the injection to minimize/avoid bruising.
- d- **EAT** and **HYDRATE** at least 1 hour before your appointment.
- e- Re-schedule your appointment if: you have a cold sore (lip fillers), acute illness, rashes, fever, dental work or not feeling well.

2. POST BOTOX INJECTION:

- It can take 3-7 days to start seeing results
- Full effect in 14-30 days.
- Stay **UPRIGHT** (do not BEND over or LAY DOWN) x 4 hours post injection.
- Do not massage the area x 4 hours.
- Do not apply make up for the rest of the day.
- Avoid Exercise, hot tubs, saunas and excessive sweating post- injection.

3. POST FILLER INJECTION

- **DO NOT SLEEP** on your face, **SLEEP** on your BACK x 24-48 hours

- **DO NOT** apply make -up for 24 hours after injection.
- **DO NOT** drink **ALCOHOL** the day of the injection x 24 hours
- You can start your supplements after 2-3 days if no bruising.
- **AVOID** doing vigorous exercise after the injection until the next day.
- You can apply ice/cold pack and apply ARNICA MONTANA gel to area.
- Benadryl or Tylenol can be taken to minimize discomfort and swelling.
- Avoid **HOT** beverages after lip injections (Day of injection)

4. POSSIBLE ADVERSE EFFECTS

If you suffer from visual difficulties/pain or shortness of breath call 911 or go to ER.

LIPS:

- Swelling (**MOST COMMON**) and sensitivity: will last approx. 2-3 days, you can use a cool pack + Benadryl.
- Bruising: can last up to 1 week or so. (**VERY COMMON**)
- **BUMPS/LUMPS** (early): gentle massage and warm compresses should help. Call Us if any questions
- Allergic reaction: swelling (severe), itchy. Take Benadryl and call us.
- Late nodules (months after injectable): come for follow up.
- Filler will set in 2 weeks.

CHEEKS:

- Soreness, bumps in site of injection are the most common. It will improve after a few days to 2 weeks.
- Sleep on back! X 24-48 h

CHIN:

- Soreness, pressure, burning, swelling, bruising: will improve over 3-7 days. You can take Tylenol or Advil for pain.

NOSE:

- Mild soreness, swelling, bruising.
- Avoid using glasses for 2-3 days after filler.
- Tip of nose can feel sore for up to 2 weeks post- injection.