



Tips For Our Cosmetic Injectable Patients

At the office of Adriana K. Holy M.D., we would like to ensure the best possible treatment experience for cosmetic injectable patients. Please observe the following to maximize the probability of uncomplicated treatment:

- Schedule your cosmetic procedures no later than 2 weeks before a big event. Make sure you understand the downtime required of your procedure.
- Occasionally, patients experience swelling or bruising related to a procedure. Every patient's anatomy is slightly different, so this is not due to injector error, but rather normal incongruences associated with treatment. Until the initial swelling and redness have resolved, do not expose the treated area to sun (including tanning beds) or extreme cold.
- Especially if your treatment requires multiple syringes of product, swelling may be present for up to one week and you may feel nodules in the skin. This is normal, and the nodules will soften or disappear over the next week. It is common to have swelling after treatment of the lips, so please plan your calendar appropriately.
- To decrease the probability of bruising, please avoid Aspirin, Ibuprofen, Vitamin E, Fish Oil, Garlic, Ginkgo, *Ginseng* and Green Tea for 10 days prior to a procedure. Many other herbal supplements can also increase bruising. Arnica Spray "Advanced Arnica" by Kingbio Natural Medicine (3 sprays, 3 times a day) and Arnica Montana pills 200ck.. (5 pills, 3 times a day) Avoid wine and alcohol 3 days prior to a procedure. You may take Tylenol. We recommend that you eat fresh pineapple the day before and the morning of your procedure, this will work as a natural anti-inflammatory.
- To decrease the probability and severity of swelling, avoid salt 2 days before and 2 days after a procedure. Eat before you come in – especially if you plan treatment of the lips and mouth. You will want to minimize chewing and facial gesticulation for 4 hours after your procedure.
- Advise the Doctor if you have ever had a cold sore. We recommend prescription anti-viral prophylaxis prior to any procedure around the mouth. You will need to take a pill the morning of your procedure.
- Please plan exercise earlier in the day of your treatment, since no exercise is recommended later on in the day of your treatment.
- Ice packs and Motrin may be used to ease discomfort. If the eye area has been treated, sleeping with a cold gel mask may be used for your comfort.
- Try to sleep on your back the night of your treatment.

We are improving, refining and perfecting our injection technique with each and every patient we see. We request that all of our patients plan to return for a follow-up appointment 2-3 weeks following treatment. This allows us to assure that both patient and injector are satisfied with the results. Please call our office with any questions at 602-867-7546.

REMEMBER: Please bring in a picture of yourself when you were in your "30's" to your appointment and any makeup or cover-up if you would like to freshen up after your treatment.