



Voluma, Juvederm, Restylane Silk, Volbella, Botox and Kybella.

BEFORE your injections instructions:

1. **DO NOT take aspirin** (or products containing aspirin) **2 weeks prior**. You may view our medication advisory sheet for products containing aspirin on our website. www.drpeterhetzler.com/patient-forms
2. **DO NOT take vitamin E** (or a multivitamin containing vitamin E) **or FISH OIL 2 weeks prior**.
3. **Please** arrive for your appointment free of all makeup and creams in the area being treated.
4. We ask that you take *Arnica Montana* one day before your appointment, this will help with bruising that can occur. This can be purchased in our office.

AFTER your injections:

1. You may be given a “Gel Pack” to use on the injected site. This can be used on and off every 20 minutes for the first 24 hours. When not in use place the gel pack in the refrigerator **Not in the Freezer. DO NOT PUT ICE OR FROZEN PRODUCTS ON THE INJECTED AREA.** This will cause the product to become hard a greatly impact your results.
2. You **may** wear makeup, sunscreen, all creams and lotions after the injections.
3. **DO NOT** rub or manipulate the injected area after your injections as this can affect your results.
4. You may have bruising, swelling, redness, lumpiness or bumpiness immediately after the injections and for a few days after. This is normal and it will subside.
5. If you have had injections of **BOTOX, DO NOT:**
 - A. **DO NOT exercise for 48 hours**, this includes **any** vigorous activities
 - B. **DO NOT bend your head** down for **48 hours**
 - C. **DO NOT FLY** in a plane for **72 hours** after your injection

The above can impact your results and cause adverse reactions.

Any questions please call the office at 721-219-0447