

Botox® , Dermal Fillers and Permanent Makeup

Pre and Post Care Instructions



Botox® - *Botulinum Toxin Type A* temporarily improves the appearance of mild, moderate or severe facial wrinkles, including frown lines, forehead wrinkles, vertical lip lines and crows feet.

Pre-Procedure

- A consult with Dr. Stefanacci or Maureen Barrett, RN will help determine what areas should be addressed and how much Botox® may be required to achieve satisfactory results.
- Avoid any products containing aspirin or anti-inflammatory medications, i.e. ibuprofen or NSAIDS, like Alleve, for two weeks prior to injections. Please refer to our list of Medications to Avoid Before Surgery.
- A consent form filled out and signed by the patient will be reviewed.
- Photos will be taken before the procedure for documentation.

During the Procedure

- The entire procedure takes about 10 minutes.
- No anesthesia is necessary although an ice pack may be used prior to crows feet injections and numbing cream may be used prior to upper lip injections.
- The area to be injected is cleansed with alcohol.
- Discomfort is minimal and brief but you may experience a mild amount of stinging at the injection site.

Post Procedure

- Do not massage or rub the treatment area for 24 hours.
- It is important to work the medicine into the treatment area by contracting the muscles. This is achieved by making the face that is creating the wrinkles. For example: raising the eyebrows (horizontal surprise lines), squinting or frowning (vertical lines between the eyebrows, the 11's), smiling, (crows feet), puckering the lips, (smoker's lines). Make these

- motions periodically for the first 3 hours.
- Avoid vigorous aerobic exercise for 12 hours. Any activity that significantly increases heart rate increases blood pressure and could increase the possibility and severity of bruising.
 - Avoid extreme heat, i.e. jacuzzi tub or steam room for 4 to 6 hours post treatment.
 - Keep your head elevated above your heart for 4 to 6 hours post treatment.
 - You may wash your face as usual in the evening and apply makeup the next day.
 - There might be slight bruising, especially around the eyes and slight swelling for a few days.
 - The effects are usually noticeable 3 to 5 days post treatment although some patients take as long as 7 days to see effect.
 - The effects of Botox® last about 3 months.
 - Photos will be taken after the procedure for documentation.



Dermal Fillers - are injections that temporarily fill wrinkles caused by loss of fat volume, erasing deep lines and hollows that contribute to a tired, aged look. At Stefanacci Medical, the most commonly used fillers are Radiesse®, Juvederm™, Restylane® and PREVELLE® Silk. These products contain natural products found in the body's tissues: Hyaluronic Acid and Calcium Hydroxylapatite.

Pre-Procedure

- A consult with Dr. Stefanacci or Maureen Barrett, RN, will help determine what areas should be addressed and which dermal filler or combination of fillers would be most appropriate.
- Avoid any products containing aspirin or anti-inflammatory medications, i.e. ibuprofen or NSAIDS. like Alleve, for two weeks prior to injections. Please refer to our list of Medications to Avoid Before Surgery.
- A consent form filled out and signed by the patient will be reviewed.
- Photos will be taken before the procedure for documentation.
- Plan your injection day around your social calendar. The most common side effect is bruising and swelling. It is NOT advisable to have

- injections less than 2 weeks before a big event.
- It is strongly advised that treatment with topical Auriderm® and the homeopathic oral medication, arnica montana, begin the day before treatment to help promote healing and minimize bruising and swelling. Both medications are available at the office.
 - Do not schedule a dermal filler treatment less than 1 month before or after a laser treatment, 1 month before or after a deep peel and 2 weeks before or after a light peel.

During the Procedure

- The entire procedure takes about 45 minutes to an hour.
- A topical anesthetic is usually sufficient for most injections and is applied 20 to 30 minutes before treatment. Occasionally a local injection is used for patient comfort.
- The area to be injected is cleansed with alcohol.
- Discomfort is minimal and brief due to the effectiveness of the anesthetics used but there may be a mild to moderate amount of stinging at the injection site.
- To insure even correction, the treatment area will be massaged which may cause a temporary amount of redness to the skin.
- There may be a temporary white appearance of the skin if a local anesthetic with epinephrine is used as an anesthetic aid prior to treatment. It usually lasts no more than an hour or so.
- The most commonly reported side effects are: temporary bruising, swelling and redness at the injection site.

Post Procedure

- Do not massage or rub the treatment area for 48 hours.
- Avoid vigorous aerobic exercise for 24 hours. Any activity that significantly increases heart rate increases blood pressure and could increase the possibility and severity of bruising.
- Avoid extreme heat, i.e. jacuzzi tub or sauna for 24 hours post treatment.
- Keep your head elevated above your heart for 24 to 48 hours post treatment. It is advisable to sleep on your back with your head elevated on 2 pillows to help minimize swelling and bruising.
- Apply an ice pack or cold compress to the injection area on and off until bedtime to help reduce swelling and provide comfort. Tylenol can be taken but aspirin and ibuprofen should be avoided for 24 hours.
- Sunbathing or excessive UV exposure should be avoided until the

redness or swelling have subsided.

- The injection area may be gently washed a few hours after treatment avoiding aggressive scrubbing or rubbing.
- Makeup may be applied shortly after treatment if no complications are present. Apply makeup gently, avoiding strenuous rubbing of the injection area.
- Many patients return to their normal routine/activities immediately.
- It is normal to feel a “firmness” in the injection site for the first few days to 2 weeks after treatment. Over time, the area will soften, leaving a soft, natural result.
- Dermal filler injections in the lips may appear exaggerated due to swelling but usually subsides in 24 to 48 hours. Ice packs will significantly help reduce swelling.
- It is normal to experience some tenderness or aching at the treatment site for a few days.
- Photos will be taken after the procedure for documentation.
- Immediately report any worsening or persistent symptoms or side effects to the office.



Permanent Makeup - is the modern application of the age-old art of tattooing used to create long lasting, waterproof makeup that remains fresh and beautiful through the most strenuous activities.

Pre-Procedure

- A consult with Maureen Barrett, RN will review the plan of treatment.
- Avoid any products containing aspirin or anti-inflammatory medications, i.e. ibuprofen or NSAIDS like Alleve, for two weeks prior to the procedure. Please refer to our list of Medications to Avoid Before Surgery.
- A consent form filled out and signed by the patient will be reviewed prior to treatment.
- Photos will be taken before the procedure for documentation.

During the Procedure

Eyeliner

- Contact lenses are removed
- The entire procedure takes about an hour.
- Any makeup to the eyelids is removed.
- 2 drops of natural tears are placed in the eye.
- Prescription strength numbing drops are placed in the eyes.
- After the patient has closed the eyes, topical numbing cream is swabbed through the lash line and the patient rests, with eyes closed for 15 minutes.
- The topical numbing agent is removed from one eye and the pigment is implanted through the lash line with the eyes closed.
- The procedure is repeated on the other side.
- The eyes are rinsed with saline wash after the completion of the treatment and sterile single use vaseline is swabbed over the lash line.

Eyebrows

- The entire procedure takes about an hour.
- Any makeup to the eyebrow area is removed.
- Using conventional eyebrow pencils, the eyebrow is designed, a mirror provided for the patient's approval and any adjustments necessary are made prior to permanent color placement.
- The outline is lightly traced on one side to retain the approved design.
- Prescription strength numbing cream is swabbed on the brow.
- The procedure is repeated on the other side.
- Color is implanted through the first brow after the area is completely numb, (takes about 5 minutes), then repeated on the other side.
- Sterile, single use vaseline is swabbed on the brows.

Lip Line/Full Lip Color

- The entire procedure takes about an hour.
- Any makeup to the lip tissue is removed.
- Using conventional lip pencils, the lip line is outlined and designed, a mirror provided for the patient's approval and any adjustments necessary are made prior to permanent color placement.
- A dental block is placed to numb the lip tissue prior to treatment.
- Color is implanted as discussed.
- Sterile, single use vaseline is swabbed on the lips and an ice pack provided.

Post Procedure

Eyeliner

- Apply vaseline to keep the area moist for 2 to 4 days.
- Do not scrub or rub the area with anything abrasive.
- You may cleanse your face as usual and pat dry.
- Do not use eye makeup for 48 hours.
- If wearing mascara is necessary within 48 hours, use a new tube and apply only to the tips of the lashes. Remove with vaseline and water.
- Do not wear contact lenses for 24 hours.
- Swelling of the eyelid is normal. Use an ice pack or cold compress on and off until bedtime to help reduce swelling and provide comfort. Tylenol may be taken but aspirin and ibuprofen should be avoided for 24 hours.
- It is normal to feel some tenderness to the eyelid for 24 hours.
- It is advisable to sleep with your head elevated on 2 pillows for 24 hours to help minimize swelling.
- It is normal to have some sloughing of the color for 24 to 72 hours. Expect approximately 50% fading **or more** after the first application. A second application is needed to truly bind the color.
- The eyes are vulnerable to infection. Keep anything dirty away from your eyes. Wash your hands before touching your eyes. Do not put any products in your eyes other than sterile, natural tears. If drainage develops, please call the office and a prescription may be called to your pharmacy.
- Most patients return to their normal routine/activities within 12 to 24 hours.
- Photos will be taken after the procedure for documentation.
- A follow-up appointment will be scheduled for 3 to 4 weeks for a touch-up.

Eyebrows

- Apply vaseline to keep the area moist for 2 to 4 days.
- Do not scrub or rub the area with anything abrasive.
- You may cleanse your face as usual and pat dry.
- It is normal to feel some tenderness to the brow area for 24 hours. There are no restrictions on medications as bruising or swelling to the brow area is not a concern.
- The color will appear **very dark** for 72 hours or more. It is normal to have some sloughing of the color and fading of 50% **or more** after the first application. A second application is necessary to truly bind the color.
- Most patients return to their normal routine/activities immediately.
- Photos will be taken after the procedure for documentation.

- A follow-up appointment will be scheduled for 3 to 4 weeks for a touch-up.

Lip Liner/Full Lips

- Apply vaseline to keep the area moist for 3 to 5 days.
- The lips will feel very dry, similar to chapped lips. The lips may feel “gritty”, like sandpaper and surface color will easily slough off.
- The color will appear **very dark** for 72 hours similar to a lipstick one shade darker than normal. It is normal to have some flaking of color and fading of 50% **or more** after the first application. A second application is necessary to truly bind the color.
- Swelling of the lip tissue is normal and may increase in the first 8 hours and may last 24 to 48 hours. Use an ice pack or cold compress on and off until bedtime to help reduce swelling and provide comfort. Tylenol may be taken but aspirin and ibuprofen should be avoided for the first 24 hours.
- It is normal to feel some tenderness to the lip tissue for 48 hours.
- It is advisable to sleep with your head elevated on 2 pillows to help minimize swelling.
- An over the counter antihistamine like Benadryl can be taken before bed to reduce swelling.
- Most patients return to their normal routine/activities within 24 hours.
- Photos will be taken after the procedure for documentation.
- A follow-up appointment will be scheduled for 3 to 4 weeks for a touch-up.

