



## **INJECTABLES TREATMENT**

Thank you for booking in at CleanSlate for your Injectables treatment. In order to minimize the risk of possible side effects and complications of injections please follow these simple steps:

### **PRE-TREATMENT INSTRUCTIONS**

- **DO NOT** consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- **Avoid anti-inflammatory/blood thinning medications if possible** for a period of 1 week before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- You are **NOT** a candidate if you are pregnant or breastfeeding.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Schedule your Injectables appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Botox injections will take approximately 4 to 14 days to appear. Also bruising and swelling may be apparent in that time period.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment.
- During the course of your treatments, notify CleanSlate of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

### **DURING TREATMENT INSTRUCTIONS**

- During the course of your treatment your feedback is crucial in order for us to determine the proper and most effective treatment protocols for you. We are always available to respond to any questions, concerns, or comments you may have.

- CleanSlate Laser Clinic takes every possible precaution to ensure your comfort while undergoing treatments. Dr.Dinny is one of the best Injectable Doctors in Bali. Her technique will minimize your discomfort, reduce the risk of bruising, and enhance your treatment outcome.

## **POST-TREATMENT INSTRUCTIONS**

- **Important Safety Information:** Serious heart problems and serious allergic reactions have been reported rarely. If you think you are having an allergic reaction or other unusual symptoms, such as difficulty swallowing, speaking, or breathing, call your doctor immediately. The most common side effects following injections with Botox®Cosmetic includes temporary localized pain, inflammation, tenderness, swelling, redness, and /or bleeding/bruising. Additional temporary side effects may include infection at injection site, eyelid droop and nausea. Patients with certain neuromuscular disorders such as ALS, Myasthenia Gravis, or Lambert-Eaton syndrome may be at increased risk of serious side effects.
- To avoid bruising, avoid alcohol consumption and caffeine for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
- Do NOT wear a motorcycle helmet for 3 hours after receiving your treatment.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- We do not recommend flying for 24 hours after your procedure.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment. Makeup may be applied immediately after the treatment if desired.
- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial / laser treatments or microdermabrasion after any injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- No facials, chemical peels, or laser treatments for 3 days after the Botox® treatment. Facials, chemical peels, laser, and light treatments may be done immediately prior to Botox.
- Botox® Cosmetic lasts 3-4 months on average. It is not necessary to wait 3 months to return for treatment; you may return for your next Botox® treatment as soon as there is more movement or wrinkles in the treatment area than you would like. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging and preventive benefits.
- **It can take approximately 4 to 14 days for results to be seen.** If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for any product used during any touch-up or subsequent appointments.