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[www.janjuafacialsurgery.com](http://www.janjuafacialsurgery.com).

Instructions for Patients Undergoing:  
Dysport /Botox /Radiesse /Restylane /Belotero /Juvederm /Sculptra / Voluma

- Apply Emla cream 1 hour prior to procedure. Wash the skin and apply a **very thick layer** on and cover with saran wrap. This cream is available by prescription only. We will gladly call it in to your pharmacy. (OPTIONAL)
- We can call in Xanax for you if you are very anxious but you will need someone to drive you to your appointment. (OPTIONAL)
- Avoid taking any Aspirin / Motrin or similar pain pills. Tylenol is safe to take. **Stop all herbal medicine and supplements especially Vitamin-E, Fish oils, Krill oil, Omega 3, Coenzyme Q-10 Flaxseed oil for 2 weeks before getting these injections.**

You can take your multivitamin, calcium and vitamin D.

- You can use Arnica pills before and after the procedure & Arnica cream after the procedure to reduce bruising. Both are available from our office. You can also find them in specialty vitamin stores. Bromelain is helpful in reducing any swelling after the procedure. (OPTIONAL)
- Apply ice after the procedure for a few hours if possible.
- Avoid sun exposure, exercise and alcohol for 24 hours before and after the procedure.
- Do not get these procedures done a few days before an important function such as a wedding etc.
- If you develop a cold sore around your lips, please call our office. Take Lysine 1000mg twice a day on empty stomach, Oil of Oregano 3drops under the tongue 3 times a day and use Abbreva.
- If you develop a bruise, you can camouflage it using Dermablend cover up. It is available from Macys. You can also use Dermend (from CVS or Amazon) to massage any bruises to make them resolve faster

If you have any questions please feel free to contact us by phone, email or through our website.