

# Dermatology Office

## Dr. Ellen Turner

(214) 373-7546

### Pre Injection Care

- Injectables include Botox, Juvederm, Volbella, Vollure, Voluma, Sculptra, Restylane, Radiesse, Kybella and InstaLift.
- Since you will be receiving injections into your skin, you must **EXPECT TO BRUISE**. If you do NOT bruise you should consider it a bonus!
- 7 days prior to your treatment with an injectable you should **AVOID**:
- **BEER, WINE, ALCOHOL, any beverage that contains Alcohol**

Aspirin	Excedrin	Kava
St. Johns Wart	Advil	Valerian Root
Vitamin E	Garlic	Licorice
Non-steroidal anti-inflammatories	Ginseng	Echinacea
Ibuprofen	Fish Oil or Fish Krill	Goldenseal
Motrin	Dong Quai	Gingko Biloba
Aleve	Feverfew	

- Starting Arnica Montana 1 week prior to your treatment can help minimize bruising. And continue 1 week after injection. 5 pellets under the tongue three times a day.
- If a bruise does occur, you can come to our office and receive a **complimentary** bruise zap with our photo-facial machine.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_