

Vancouver Laser Skin Care Clinic

Dermal Fillers & Botox Protocol

Discontinue using the following 5 days prior to treatment and 5 days after treatments:

- * Aspirin
- * Advil
- * Ibuprofen
- * Ginko Biloba
- * St. John's Wort
- * Large doses of Vitamin E
- * Fish Oil

It is advisable to take Arnica Montana to prevent bruising, it's advisable to take Arnica Montana tablets, 2 times a day – 5 tablets in the AM & 5 tablets in the PM, 5 days before and 5 days after treatment. These are available at Whole Foods as well as other stores selling herbal supplements.

Botox Do not lie down for 4 hours after treatment – you need to remain upright.

Please call if you have any questions 360-823-0795

Date: _____

Name