



travis shaw md  
facial plastic & reconstructive surgery / ENT

## Your Botox or Filler Treatments

**Bruising:** Dr Shaw makes every attempt to minimize bruising by using a very gentle technique, blunt cannulas for fillers and cold packs before and after. However, bruising after treatments is the most common problem patients may deal with. Here are some hints to minimize bruising:

- Stop taking aspirin, NSAIDs, Vitamin E or Ginko 10 days prior to and 2 days after any injection
- Avoid more than 1-2 alcoholic drinks 24 hours before and after
- Avoid strenuous exercise for about 12 hours after treatment, walking is fine
- Use a cold pack for the first 24 hours to help bruising. After 24 hours alternate warm and cool compresses to the treated areas for 2 days
- Some patients have had good success using Arnica supplements
- You may use coverup or any camouflage makeup to cover irregularities

**Swelling or lumpiness:** About 12-24 hours after injection it is not uncommon to have some swelling, redness, or the appearance of unevenness in treated areas. This is more common in the areas under the eyes and the lips. On average it takes about 7 days for the effects of the products to settle in. During this time, one side of the face may appear different from the other. Be patient during this time, this asymmetry will settle out with a bit of time. If you notice a distinct lump after filler, gentle massage with moisturizer or anti-bruising cream for 10 minutes 3-4 times a day will help.

If you have questions or concerns after your treatment, please let the office know right away at 775-4559 or [aashley@drshawmd.com](mailto:aashley@drshawmd.com). Our goal is to make your rejuvenation an exciting and happy experience.