

CB Skin Secrets

Dr. Stacey E. Whitehead

BOTOX® Cosmetic, Juvederm™ and Selphyl® Pre- and Post- Care Instructions

1. Your first appointment will be for discussing your aesthetic goals and options, treatment will generally be scheduled separately. A baseline picture may be taken of you for your file.
2. CB Skin Secrets only uses FDA approved BOTOX® Cosmetic and Juvederm™ Ultra Plus XC from Allergan, in addition to your own platelets and plasma with Selphyl®. No substitutions are made.
3. Prior to injection, please notify us if you have a rash or infection near or at the planned injection site as we will need to reschedule your treatment.
4. 5-7 days prior to treatment avoid blood thinning agents such as Aspirin, Motrin, Aleve or alcohol. Tylenol is OK to use. Please notify us if you are using prescription or non-prescription blood thinners. Bruising is most common around the eyes. I make every effort to avoid bruising, but there are several small vessels in this area. Bruising is usually minimal and may take around 2 weeks to resolve. Please avoid caffeine the day of the procedure for more comfort.
5. BOTOX® will take effect in anywhere from 5 days to 2 weeks. Juvederm is present immediately, but will take 1-2weeks to “settle”. Since everybody is different, your treatment is tailored specifically for you. I would like to see you back in 2 to 4 weeks for a quick check of your treatment outcome. Any refinements to your dose will be done at that time at \$9 per unit for BOTOX® and without further charge for Juvederm™ unless an additional vial is purchased. Selphyl® shows some volume immediately but collagen production takes 4-7weeks. A second treatment is generally recommended at 6-8weeks and a discount is given for it.
6. You should return in 2-4 weeks after BOTOX® or Juvederm™ and after 6-8weeks for Selphyl®. Sometimes it can be difficult to match expectations with results, but I will strive to accurately inform you of what to expect. I appreciate your trust. At your follow up visit we will also take your “After” photo. This photo will not be shared without your written permission, but is key to demonstrating changes you may not see from day to day.
7. Following your injection treatment, please do not lie down for 4 hours or wear a restricting garment over the area (hats, goggles). Ice is ok for 20 minute intervals as needed for swelling after Botox® or Juvederm™. **Heat, cold or pressure to the treated area is avoided for 3 days after Selphyl®. Swelling resolves in ~4days.**
8. If you would like to reapply makeup, please do so gently over the treated area. Please avoid heavy exercise or sweating for the first 24 hours after treatment and also avoid any compression of the area.
9. There are several other treatments and products available which can be used concurrently with BOTOX®, Juvederm™ and Selphyl®. If you have aesthetic goals that you haven’t met, ask your provider what other treatments may be right for you as the order of procedures may need adjusted.
10. Allergan, the manufacturer of BOTOX®, reports average duration of results of 4 months. This may vary from patient to patient and by site. Maintaining regular injection intervals helps optimize your aesthetic result and prevents returning to your original pre-treatment condition. After your 5th treatment, **you will receive \$150** towards any light or laser treatment free with your next session! Juvederm™ Ultra Plus XC will last up to 18months but the volume effects will diminish sooner. Selphyl® results can last years.
11. If you have any questions or concerns, please contact Dr. Stacey E. Whitehead at CB Skin Secrets 402-915-2756 during clinic hours. Other calls will be returned as able but if there is an emergency, call 911 or go to the ER.