

# Bella Medspa

*Committed to providing outstanding products and services to help you look your best!*

## **How to prepare for your Botox or Dermal Filler injections**

Relax and don't worry! Our nurses and doctors are highly skilled, experienced and caring professionals. While they have been working with these products for many years, they fully understand that these procedures may be brand new to you. It is our goal for you to absolutely love your results. Smooth, natural, glowing, fantastic, lovely—get ready for the compliments!

Do not worry about what the injections will feel like! The Botox needles are extremely fine and just a few tiny injections are all it takes. All of our Dermal Fillers are administered with Lidocaine, so that the injections simply feel mildly uncomfortable.

It is best to stop taking aspirin, ibuprofen (Advil and Motrin) and fish oil 2-3 days prior to your appointment, due to the blood thinning effects those products can have. As well, limit your alcohol intake for 2-3 days prior to your appointment.