

**DermLaser Institute of Dallas**  
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## Pre Injection Care

Injectables include Botox, Restylane, Perlane, Juvederm, and Sculptra.

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!

One week prior to your treatment with an injectable you should **AVOID** taking aspirin, St. Johns Wort, high doses of Vitamin E supplements, and other non-steroidal anti-inflammatories, such as ibuprofen to minimize bruising, swelling, and bleeding at the injection sites. You may use Tylenol for pain control as directed on the package insert for pain in the week prior to your injections.

Starting Arnica Montana pellets 1 week prior to your treatment can help minimize bruising. You should place 5 pellets under the tongue 3 times a day. Arnica Montana can be bought at any Whole Foods or Sprouts.