

PREPARING FOR YOUR APPOINTMENT

Read the following information carefully prior to your appointment to be prepared properly:

Scheduling your appointment

You should schedule injectables on a day when you don't have to put make up on for the next 12 hours.

You must be well to have injectables. You need to defer any filler treatment to a point in time, at least 2 weeks after you have experienced any illness, vaccination, laser or other cosmetic treatments, any condition causing swelling, infection or inflammatory condition and 4 weeks after medical or dental surgery or procedures such as crowns, implants, fillings, gum treatments,. This is to avoid bacteria being present in the bloodstream and "seeding" to your filler.

Please cancel or move your appointment at least 48 hours prior, if you are unwell as you will incur a \$250 fee regardless.

In addition, you should plan to space the treatment at least 10 days away from important occasions. Downtime may be needed due to bruising , swelling, tenderness, or redness.

Medications

For 10 days before your appointment, you should avoid:

- Aspirin
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) eg Nurofen, Voltaren, period pain tablets etc
- fish oil supplements
- ginger supplements

We do NOT advise stopping any prescription blood thinning medications or aspirin if you are taking it for a medical reason eg preventing clots. Preventing stroke or heart attack is more important than getting a temporary bruise in a treatment. Dr Doreian is comfortable to manage more complicated patients, but needs to be aware that you are taking these medications.

Injectables & pregnancy:

You cannot have botulinum toxin, or any injectables if you are:

- Pregnant
- Breastfeeding
- Trying to get pregnant

There is very little evidence to show the safety profiles of injectables in pregnant or breastfeeding women. Whilst some situations advocate for medically necessary treatment with botulinum toxin in pregnancy, it simply cannot be said to be safe. We will not inject you if you are pregnant.

On the day of your appointment

Appointment times are scheduled carefully. Please wait in your car until the exact time of your appointment, to avoid interrupting the preceding patient's appointment.

Who can come with you?

You cannot bring friends, relatives, children, babies, or pets with you. This is a medical appointment which your confidential medical history will be discussed and we require your full attention.

While we understand it is inconvenient to have to arrange child care, medical clinics contain equipment that can cause harm and it is not a suitable place to bring children. We ask you do not tie your pets out front out of respect for neighbours and passers by.

Hair and makeup

Please come to the clinic with **your hair tied back** from your face, and absolutely clean skin – that means no make-up , moisturisers, sunscreens or anything on your skin. We need to see your skin with its natural pigment, texture and quality. There is a risk of infection with all injectables, and you can minimise this by arriving with clean skin for us to disinfect.