



Beauty, laser & wellness center
Monica Bonakdar, MD

Injectables Post-Treatment Instructions

Cold Sores:

1. If you have ever previously experienced a **cold sore or a Herpes Infection** in the area of your injectable treatment, you must start on antiviral prophylaxis on the day of your treatment.
2. If this applies to you, inform Dr. Bonakdar. You may purchase Zovirax antiviral at the office or ask for a prescription to take to your pharmacy.

BRUISING SOMETIMES HAPPENS IN THE HANDS OF THE BEST INJECTORS. SO PLEASE PLAN YOUR APPOINTMENT ACCORDINGLY.

Things to do to avoid bruising:

1. Avoid consuming alcohol for 10 days prior to your treatment.
2. Avoid consuming any medications, herbal remedies or supplements that are known to thin the blood for 10 days prior to your treatment. For Example: blood-thinners, anti-coagulant, Aspirin products, Ibuprofen products, any NSAIDS or Non-Steroidal Anti-Inflammatory Drugs, Saint John's Wort, Vitamin E or Fish Oil.
3. Acetaminophen/Tylenol is permissible to take.
4. Start Medical Grade Arnica Pills prior to your appointment to prevent bruising.

Things to do to heal bruises faster:

1. Ice the bruised area for 5 minutes 3-4 times a day until all signs of bruising are gone.
2. **Prior to your treatment-** Start SinEcch. This is a Medical Grade Arnica Pill that is an all natural medicine to reduce pain, bruising, and swelling from procedures and surgeries. It has been used for hundreds of years by European doctors. SinEcch is prepared as a homeopathic medicine from the herb Arnica Montana in doses four to five times the over the counter dose. This preparation is available at our office for \$35.
3. **For Mild Bruises-** Apply Arnica Gel onto the bruise three times a day. This preparation is available at our office for \$20.
4. **For Moderate Bruises-** Start Auriderm Post procedure relief kit. This kit contains both a Vitamin K gel as well as Arnica Pills that together promote healing and improve the unsightly appearance of bruises. This preparation is available at our office for \$42.

Botox Cosmetic:

1. Do not exercise or lie down or have your head in an asymmetric position for the next two hours after your treatment.
2. Make a recheck appointment in 10-14 days if you are a first time Botox Cosmetic client with Dr. Bonakdar. During this appointment you will have the opportunity to share with her what you

like or don't like about your results so that your recipe can be fine tuned for all your future treatments.

3. If you are having a problem with your treatment, call the office right away so that we can accommodate you with your needs.
4. Make your next treatment appointment in 3 months.

Juvederm:

1. Massage the injected area as instructed by Dr. Bonakdar two times per day for the next 5 days.
2. Make a recheck appointment in 10-14 days if you are a first time Juvederm client with Dr. Bonakdar. During this appointment you will have the opportunity to share with her what you like or don't like about your results so that your recipe can be fine tuned for all your future treatments.
3. If you are having a problem with your treatment, call the office right away so that we can accommodate you with your needs.
4. Make your next treatment appointment in 9-12 months.

Sculptra:

1. Massage the injected area as instructed by Dr. Bonakdar 5 times per day for the next 5 days.
2. Make 3 to 4 injection appointments 6 weeks apart for your treatment series.

ArteFill:

1. Massage the injected area as instructed by Dr. Bonakdar two times per day for the next 5 days.
2. Make your next treatment appointment in 6 weeks.

Contact Information

If you have any questions, please do not hesitate to call the office: **(949) 721-6000**
Dr. Bonakdar can be reached after-hours on her cell phone: **(714) 504-9222**