



AFTER CARE INSTRUCTIONS FOR BOTOX AND FILLER

Post-treatment: Botox

1. Do not manipulate the treated area for at least three hours after treatment. Delay any other aesthetic facial treatments (i.e. skinpen, laser, etc.) for at least 10 days.
2. Using the muscles injected after treatment may improve your results. Try to smile, frown and raise your eyebrows for the first hour after treatment.
3. Do not massage areas injected.
4. Do not lay down for 3 hours after your treatment. This may prevent migration of the Botox into the muscles around the eye.
5. No strenuous or vigorous activity (exercise, heavy lifting, etc) for 24 hours following procedure.
6. Avoid extensive sun or heat for 72 hours. Sweating may reduce the effect of botox.
7. Nausea and or headaches may occur after receiving the treatment. Use Tylenol for discomfort.
8. It may take up to 2 weeks for the Botox to take effect. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.

Post-treatment: Dermal Filler

1. Apply ice to the area frequently. This is particularly important after lip injections
2. No strenuous or vigorous activity (exercise, heavy lifting, etc) for 24 hours following procedure.
3. Avoid extensive sun or heat for 72 hours.
4. Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
5. Try sleep with your head elevated to help minimize swelling
6. Do no massage areas injected until all swelling is gone
7. Use Tylenol for discomfort.
8. Follow the pre-treatment instructions on how to reduce bruising

We look forward to your great results ☺

Please do not hesitate to call with questions or concerns