



Post-Operative Instructions Botox Treatments & Dermal Fillers

Post-Treatment: Botox

- Do not manipulate or touch the treated area for at least 3 hours after treatment.
- Delay any other aesthetic facial treatments such as SkinPen, laser treatments, or similar procedures for at least 10 days.
- Using the treated muscles after treatment may improve your results. Try to smile, frown, and raise your eyebrows during the first hour after treatment.
- Do not massage the treated areas.
- Do not lie down for 3 hours after your treatment. This helps prevent migration of Botox into surrounding muscles, particularly around the eyes.
- Avoid strenuous or vigorous activity such as exercise or heavy lifting for 24 hours after treatment.
- Avoid excessive sun exposure or heat for 72 hours, as sweating may reduce the effectiveness of Botox.
- Headaches or mild nausea may occur after treatment. Tylenol may be used if needed for discomfort.
- Botox results may take up to 2 weeks to fully appear. You are charged based on the amount of product used. Additional product used during touch-up or subsequent appointments will be charged accordingly.

Post-Treatment: Dermal Filler

- Apply ice to the treated area frequently, especially after lip injections, to help reduce swelling.
- Avoid strenuous or vigorous activity such as exercise or heavy lifting for 24 hours after treatment.
- Avoid excessive sun exposure or heat for 72 hours.
- Avoid consuming excess alcohol or salty foods, as these may increase swelling.
- Try to sleep with your head elevated the first night to help minimize swelling.
- Do not massage the treated areas until swelling has resolved, unless directed by your provider.
- Tylenol may be used for discomfort if needed.
- Follow the pre-treatment instructions provided to help minimize bruising.

We look forward to your great results. Please do not hesitate to contact our office if you have any questions or concerns.