

BOTOX & FILLER POST-TREATMENT INSTRUCTIONS

- ✦ Do not massage, rub or apply pressure to the treated area for 6 hours after treatment
- ✦ Avoid aspirin, ibuprofen, and drinking alcohol for a few days following treatment
- ✦ Do not exercise for 24 hrs.
- ✦ Apply topical Arnica Montana cream to any areas with redness, bruising or swelling
- ✦ Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears
- ✦ Do not restart Retinol or Retin-A for 2 days

IF YOU HAD BOTOX TODAY:

- ✦ Stay erect; do not lie down for at least 4 hours
- ✦ You may experience occasional tingling sensations
- ✦ An immediate headache is common especially, if it is your first botox treatment
- ✦ It can take 2-14 days to take full effect. Botox can last 3-4 months.
- ✦ Makeup can be reapplied after treatment

IF YOU HAD BOTOX TODAY:

- ✦ Avoid kissing, puckering, using a straw, and "lip plumpers". This can displace the filler material and cause complications.
- ✦ Immediately apply ice to the area treated with very light pressure to reduce swelling.
- ✦ Ice should be applied for 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout today.
- ✦ Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica Montana to help with any areas of bruising and/or swelling.
- ✦ Stay well hydrated can improve results. Filler attracts and binds to water to add volume to the skin.
- ✦ Avoid facials, peel, micro-dermabrasion, dental treatment, "face down" massages for two weeks. Also, sleep on your back for the next few nights.
- ✦ If possible, avoid makeup today. Gentle cleansing and moisturizer is fine.
- ✦ The effect of filler is immediate with full effect in 7 days.

Call your doctor or the office immediately to report any pain, redness, blisters, itching, or skin blanching at (716) 932-1313.