

POST-TREATMENT INSTRUCTIONS: DERMAL FILLERS AND NEUROTOXIN

DERMAL FILLERS

- ✓ Bruising at the treatment site may occur.
- ✓ Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- ✓ It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple of days.
- ✓ It may be normal to feel "firmness" in your treated area/s for the first few days after treatment. Over time, the area/s will soften and "settle".
- ✓ Apply cool compresses to the area/s treated (avoiding pressure).
- ✓ You may begin wearing makeup once you have adequately cooled/iced the area/s, and any pinpoint bleeding from the injection site/s has subsided.
- ✓ DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- ✓ AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- ✓ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products, vitamin E and fish oil, as they may increase your potential to bruise.
 - ✓ AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising.
- ✓ AVOID extended UV exposure until any redness has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s.
- ✓ Wait a minimum of 6 weeks before receiving any laser treatments and 1 wk before skincare treatments.

BOTOX, DYSPORT OR XEOMIN NEUROTOXIN

- ✓ Do not lie down for 4 hours following your treatment.
- ✓ Avoid any massage or pressure to treatment area/s, as this may alter the placement of the drug.
 - If you would like to reapply makeup, do so gently over the treatment area/s.
 - Do not wear a hat or visor for 4 hours post treatment, if forehead was treated.
- ✓ Refrain from heavy exercise for 24 hours.
- ✓ Contract and release the treated muscles every few minutes over the next hour.