



## Post Botox and Filler Treatment Tips

In order to achieve the best results possible, please follow these post-treatment instructions carefully.

### For Botox treatments:

- Avoid lying down for at least 4-5 hours after your procedure.
- Avoid rubbing the treated area for at least 24 hours.
- Avoid strenuous exercise for 24 hours.
- Do not wear a hat or head band over the treated area.
- No restrictions are necessary for make-up and skin care regimen.
- Avoid Clarisonic type device for 2 days.

\* You may begin to see some effect as early as 3-5 days, and settling in of the results at 2 weeks, and sometimes longer. These results should last up to four months.

### For Filler Treatments (Juvederm, Restylane, Radiesse)

- Avoid strenuous exercise for 24 hours.
- Avoid unnecessary exposure to heat (tanning salon or sauna for 3 days after your treatment), excessive cold, and excessive sun for 1-2 weeks.
- No restrictions are necessary for make-up and skin care regimen.
- You can gently massage the treated area periodically (twice a day for five minutes) for a 2 days with Vitamin E oil, A+D ointment, or your favorite moisturizer.
- Cold compress application can speed up resolution of any puffiness.
- Avoid Clarisonic type device in these areas for 5 days.

\* The exact time that the filler will last depends on multiple factors including the specific facial region treated, the amount used, the skin type and other specific factors of the patient. For example, in the nasolabial creases around the nose, Juvederm may last up to 9 months. Filler in the lips may last up to six months due to the rich blood supply, and its continuous movement.

### Will there be Bruising and Swelling?

Right after your treatment, small red dots may be visible. They will fade after a couple of hours and can be easily covered with make-up.

For any type of injection there is always a possibility for minor swelling, sensitivity, and bruising around the injection area. You can apply lightweight cold compress to the treated area for a few minutes to help minimize the swelling and bruising. A bruise dissolves from black to purple, and then green to yellow, and then disappears. The healing process for a bruise is not the same for everyone. Some people are easy bruisers and can take longer to heal. You may want to see Arnica pills or gel/cream (available OTC) to accelerate it fading.