

Post-Treatment Instructions for BOTOX[®] Cosmetic and XEOMIN[®] Injections

- For 24 hours, beginning immediately after your procedure, you should avoid the following:
 - Strenuous exercises
 - Sun exposure/heat exposure/tanning beds
 - Alcoholic beverages
 - Massaging/pressing areas treated
 - Extreme cold temperatures
- Do not lay down or lean forward for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas and to avoid the risk of having the area rubbed accidentally.
- Try to use the injected muscles for the first 1-2 hours after treatment: Practice frowning, raising your eyebrows, and squinting. This helps work Botox[®] into your muscles. Although this is thought to help, this will not impact your treatment negatively if you forget.
- Do not wear a hat or visor for 4 hours post treatment, if forehead was treated.
- There can be a slight chance of bruising at the treated site; this is temporary. Be assured that any tiny bumps or marks will go away within a few hours of treatment and if there is any bruising, it should resolve in about a week.
- Avoid Ibuprofen, Advil[®], or Motrin[®]. Tylenol[®] is acceptable to take if experiencing discomfort (if not contraindicated).
- Avoid any type of facial microdermabrasion or massage for 14 days after treatment.
- Contact us immediately if you experience **any** side effects or complication including persistent redness, swelling, or warmth around the injection site(s), muscle weakness, visual problems, or any other adverse reaction.
- If a drooping eyelid develops after treating the glabella (area between the eyebrows), call us immediately for an evaluation.
- Results of your treatment may take up to 14 days to take full effect. Usually, patients notice a change in 4-5 days. Please wait until the 14 days have passed before assessing if you are pleased with the result.
- Botox[®] Cosmetic is a temporary procedure, and at first you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommended by your provider, the duration of each treatment results may last longer than 4 months.
- Please schedule your 2-week follow-up appointment before you leave the office.

Post-Treatment Instructions for Dermal Fillers

- The majority of reactions to dermal fillers are redness, swelling, bruising, and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol® (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- Makeup may be applied a few hours after the treatment, if no complications are present, such as open wounds, bleeding, or infection.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising, or swelling at the injection sites. If there is persistent swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sun block with an SPF of 30 or greater, combined with zinc oxide and/or titanium dioxide.
- Patients should avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen®, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's wort, and high doses of vitamin E for 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser such as Cetaphil®, CeraVe®, or Dove® unscented.
- Avoid dental procedures (including cleanings) 2 weeks post-filler.
- Your satisfaction is important to us! We would like you to return to the office in 2 weeks to see whether a touch-up is necessary. If follow-up treatments are necessary, there will be additional charges at the regular rate. Additional costs of medical treatment would be the patients' responsibility should complications develop after dermal filler procedure.
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments.
- Remember to wear sunscreen daily.