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## Botox / Dysport

### After Your Treatment

- Please remain upright for 4 hours after your injection. You may lie in a reclined position. Please do not lay flat.
- Please exaggerate your facial expressions in the injected areas for 1 hour after your injection.
- If you have had injections between the brows or in the forehead, please do not wear a headband or hat where the band goes across your forehead.
- Please refrain from aerobic exercise that increases your heart rate greatly (running, swimming, bicycling, etc.) for 24 hours following your injections. You may walk or do other low impact forms of exercise.
- Please avoid high altitude travel for 48 hours after your injection.
- Please do not massage or manipulate your injected areas for 24 hours after injections. You may wash your face and apply make-up.
- Please avoid using a Clarisonic facial cleanser, have a facial, put your face in a massage cradle, or be face down in a chiropractor's chair for 24 hours following your injection.
- Please refrain from using ibuprofen, aspirin, fish oil supplements, or vitamin E for 24 hours following your injection.
- If bruising appears, please apply ice to the area for 15 minutes every hour to decrease bruising.
- The most common side effect is a headache with Botox/Dysport injections. You may use Tylenol to relieve this. If you are a chronic headache sufferer and have prescription headache medication, you may take it as prescribed by your doctor.
- Botox/Dysport will gradually take effect over 7-10 days with optimum result at 2 weeks. If this is your first Botox/Dysport injection, we recommend scheduling a follow up appointment 2 weeks after your injection.
- Botox/Dysport Cosmetic is a temporary procedure. 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.



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## Fillers

### **After Your Treatment**

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling, you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.
- Wait 2 weeks before having skincare treatments (facial, microneedling, laser).