



## **BOTOX POST TREATMENT INSTRUCTIONS**

### ***AVOID***

Hours to days after your treatment:

- Avoid lying down or bending over for 4 hours after treatment.
- Avoid direct pressure on treated area (visors or hats, massage table, electric facial cleansing brushes)
- Strenuous exercise/heavy lifting/straining/bouncing/jogging
- Massaging/pressing treated areas

### ***HOW LONG BEFORE I SEE MY RESULTS?***

Full results can take up to 14 days; however, many patients see results at 7 days.

### ***WILL MY LINES BE GONE COMPLETELY?***

This depends on the depth of the lines, length of time that they have been there, and condition of the skin. If after 14 days you can still contract the facial muscles in the area of the lines, then more Botox may be needed. If you are unable to contract the facial muscles in the area of the lines, full treatment has been reached.

### ***I HAVE AN AREA THAT IS STILL MOVING (OR OTHER ASYMMETRY). CAN ANYTHING BE DONE?***

Yes! Please contact us with any concerns. We want you to be fully satisfied with your results and we are happy to see you for a follow up to fix issues like these.

### ***I HAVE A BRUISE. IS THIS NORMAL?***

Yes! Bruising, while undesirable, is a normal response to any injection.

### ***HOW LONG WILL IT LAST/WHEN CAN I HAVE BOTOX AGAIN?***

Most patients are able to enjoy their Botox treatment for 3-4 months; however, everyone's experience is slightly different. Once you have full control of your facial muscles and you see the lines return, call us!

# Dermal Filler Information

## What areas can be treated?

The lines around the mouth, both superficial and deep, lip enhancement, vertical lip lines, and cheek enhancement along numerous other areas of the face can be treated.

## Results:

You will be able to notice a change immediately. Over the course of approximately two weeks, the dermal filler will “settle” and final results can be appreciated. Duration of the dermal filler depends on the specific product and how your body processes it.

## Downtime:

Immediately following the procedure, you may have swelling and/or bruising. Applying ice to the area intermittently for the remainder of the day will reduce these side effects.

**For lip augmentation:** Bruising and swelling can occur in the days following your procedure. Your lips will mostly likely swell significantly the following day. This is normal and not a sign of overfilling. The doctor will ensure that your dermal filler is even. Swelling over the next 48 hours can cause your lips to appear asymmetric. This will resolve naturally.

## What to expect during the procedure:

The physician will consult with you regarding your area of concern. Your face will be cleansed with an alcohol pad and numbing will be administered.

## Be sure to:

Ice the area in the hours following the procedure.

## Before dermal fillers:

Avoid ibuprofen, Aleve, Advil, aspirin, and Motrin 7 days prior. **DO NOT** discontinue daily aspirin or any other blood thinning medications (Plavix, Coumadin, etc.) prescribed by a physician without first speaking to your doctor.

## Cannot have dermal fillers:

- Pregnant or breastfeeding
- Uncontrolled diabetes
- Chemo or radiation history (differs by each case)
- Bleeding disorders

Please notify us of any and all **allergies or medical conditions** prior to appointment. If you have a **history of cold sores** please let us know so that preventative medicine can be prescribed prior to the appointment. Don't hesitate to contact our office with any questions! 985-255-4448