

Post-Treatment Care for BOTOX

FOR THE FIRST 4 HOURS...

- Avoid lying down flat or bending forward at the waist.
- Gentle cleansing of the face is permitted after this time.

FOR THE FIRST 8 HOURS...

- Avoid rubbing or pressing on the treated area.
- Avoid excessive alcohol.
- Avoid heavy exercise or any activity that makes you sweat.

There may be redness in the injected area. You can expect this to go down in a few minutes up to 2-3 hours after treatment.

If you choose to apply makeup to the treated area, be very gentle with the skin.

If bruising happens, you may cover it with makeup. Arnica Montana is popular over the counter cream or pill, which is helpful for the reduction of bruising.

Full results are achieved 10-14 days after injection; it is ideal to wait ten days to touch up.

Just a reminder: for 72 hours before your next Botox or filler procedure, it is recommended to avoid taking blood-thinning medication such as Ibuprofen, Advil, or Aspirin unless prescribed by another physician's office.

For emergencies, call 707-592-8710

Post-Treatment Care for FILLERS

FOR THE FIRST 8 HOURS...

- Avoid rubbing or touching the treated area.
- Tylenol can be taken for pain relief but is usually not needed.
- Cold packs can be used if desired but limit to 10 minutes to avoid frostbite.
- Don't apply makeup to the treated areas.

FOR THE FIRST 24 HOURS...

- Avoid drinking excessive alcohol
- Avoid heavy exercise.

There is usually swelling the first few days after injection, and you may feel some pain upon touching the area. Use an icepack or Tylenol for relief as needed. If you experience a fever blister in a place where you usually

get them, this is normal. However, if you experience blisters in a new area, especially with pain, please call

707-592-8710.

You may apply an icepack to prevent bruising. If bruising happens, you may cover it with makeup. Arnica Montana cream or pills is over the counter and helpful for reduction.

Swelling typically fully resolves in 1-2 weeks.

Just a reminder: for 72 hours before your next Botox or filler procedure, it is recommended to avoid taking blood-thinning medication such as Ibuprofen, Advil, or Aspirin.