



## **BOTOX & FILLER POST-TREATMENT INSTRUCTIONS**

- Do not massage, rub or apply pressure to the treated area for 6 hours after treatment
- Avoid aspirin, ibuprofen, and drinking alcohol for 24 hours following treatment
- Do not exercise for 24 hrs.
- Apply topical Arnica Montana cream to any areas with redness, bruising or swelling
- Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears
- Do not restart Retinol or Retin-A for 2 days

### **IF YOU HAD BOTOX, DYSPORT, OR ANOTHER NEUROMODULATOR TODAY:**

- Stay upright. Do not lie down for at least 4 hours to prevent spread of product to unwanted muscles
- You may experience occasional tingling sensations
- An immediate headache is common especially, if it is your first botox treatment
- It can take 2-14 days to take full effect. Botox can last 3-4 months.
- Makeup can be reapplied after treatment

### **IF YOU HAD FILLER TODAY:**

- Avoid kissing, puckering, using a straw, and “lip plumpers”. This can displace the filler material and cause complications.
- Immediately apply ice to the area treated with very light pressure to reduce swelling. Ice should be applied for 15 minutes 3-5 times a day.
- Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica Montana to help with any areas of bruising and/or swelling. This will improve over 2 weeks time.
- Staying well hydrated can improve results. Filler attracts and binds to water to add volume to the skin.
- Avoid facials, peel, micro-dermabrasion, dental treatment, “face down” massages for two weeks. Also, sleep on your back for 1 week.
- If possible, avoid makeup today. Gentle cleansing and moisturizer is fine.
- The effect of filler is immediate with full effect in 14 days.

**\*CALL THE OFFICE IMMEDIATELY TO REPORT ANY PAIN, REDNESS, BLISTERS, ITCHING, SKIN BLANCHING (gray/white skin) OR ANY OTHER ABNORMAL SYMPTOM AT:  
480-933-9319.**

**\*REMEMBER TO SIGN UP FOR REWARDS PROGRAMS LIKE Alle (Botox) OR Aspire (Dysport) AND CALL THE OFFICE WITH YOUR MEMBER # SO YOU CAN EARN REWARD POINTS FOR TODAY’S TREATMENT.**