



Botox and/or Dermal Filler Post Care Instructions

Immediate Care:

- Do not massage, rub or apply pressure to the treated area 6 hours following treatment
- Avoid aspirin products for a few days following treatment
- Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears
- Do not exercise (running, aerobics, weight lifting, etc.) for 24 hours
- Post Dermal Fillers: apply ice over the treated area immediately after treatment to reduce swelling
- Post Botox: do NOT lie down for at least 4 hours

You May Experience the Following:

- Dermal fillers: mild to moderate bruising is common
- Botox: bruising is rare
- Occasional tingling sensations
- An immediate headache