

Injectable Instruction Sheet

Botox/Dysport

- Botox/Dysport softens facial wrinkles caused from squinting, scowling and frowning. The effects of your injections begin to take place after 2-7 days. You will notice gradual improvement of wrinkles, but **full effects will be seen after two weeks.**
- You may notice your eyebrows feel “heavy” following this treatment. This is **normal** and will adjust itself in 1-2 weeks.
- Some wrinkles are too deep for Botox/Dysport alone and may not completely disappear; in which case, filler can be used.
- Botox/Dysport lasts 2.5- 3 months. As the Botox/Dysport wears off, you will slowly regain muscle movement. We recommend re-treating at this point, BEFORE the deep wrinkles at rest return.
- Stay upright for 3-4 hours post-injection and avoid treatments or procedures that require a face-down position (massage, acupuncture, etc.) for the next 2-3 days.

Dermal Fillers

- Dermal fillers are IMMEDIATE fillers.
- Swelling is NORMAL and expected, which can cause the results to appear uneven. This is especially true when treating under the eyes and lips and does not indicate that your filler is uneven. Swelling varies among patients but typically resolves after 2-3 weeks.
- **If you have questions or concerns regarding your filler, we recommend waiting a full 2 weeks for the filler to settle completely before returning to the office for further evaluation.**
- Dermal fillers last approximately 9 months to 2 years depending on location, product and patient metabolism.

Sculptra Aesthetic

- Sculptra Aesthetic is NOT an immediate filler. You will see some results after the treatment, but the final result will take 6-8 weeks, as Sculptra aesthetic works by gradually building collagen.
- To help stimulate collagen production, massage treated areas 5 times a day for 5 minutes for 5 days. Massaging is **CRITICAL** for optimal collagen stimulation and should be started the day after your treatment.
- Sculptra aesthetic has a long lasting effect and results can be seen for 2 or more years.

For all treatments: To minimize bruising and swelling, ice the area for 2 hours following your treatment. If you have any bruising, laser can be done at no charge 24-48 hours after the procedure to help your body heal the bruise faster. To minimize swelling, sleep with 1-2 extra pillows and keep head elevated.

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