

# Botox/Dysport Aftercare

## INSTRUCTIONS

- 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 14 days.**
- You may notice your eyebrows feel "heavy" following this treatment. This is normal and typically adjusts itself in 1-2 weeks.
- Some wrinkles are too deep for Botox/Dysport alone and may not completely disappear; in which case, filler or other treatments can be used.

### **DON'T**

- ✗ Get treatments or procedures that require a face down position (massage, acupuncture, etc.) for the next 1-2 days
- ✗ Vigorously rub or scrub the treated area for 1-2 days

\* *We cannot assess your results until 14 days after injection, as the Botox/Dysport could still be taking effect. Touch up injections are available within 14-21 days after initial injection if needed.*

# Filler Aftercare

## INSTRUCTIONS

- Swelling is NORMAL and expected, which can make it appear as if your filler injection is uneven. This is especially true when treating under the eyes and lips. This does not indicate that your filler was injected unevenly, just that your body is swelling more in some areas than others. The amount of swelling varies among patients but typically resolves after 2-3 weeks.
- Knots can form under skin and you may experience the injected areas feeling "lumpy." This is completely normal and is just the filler settling in with your skin. This will most likely will go away naturally at 3-4 weeks. If not, we can dissolve individual bumps when hyaluronic acid filler was injected.

### **DO**

- ✓ Take Arnica
- ✓ Sleep elevated
- ✓ Ice as much as possible
- ✓ Take Benadryl at night and Zyrtec in the morning for additional help with swelling

### **DON'T**

- ✗ Lay down for the next 4 hours
- ✗ Exercise for the next 24 hours
- ✗ Massage or harshly scrub the injected areas until filler has settled
- ✗ Get treatments or procedures that require a facedown position (massage, acupuncture, etc.) for the next 2-3 days