**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 a few days following treatment
* Do not exercise for 24 hrs.
* Apply topical Arnica 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 Today:**

* Stay erect; do not lie down for at least 4 hours
* 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 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout today
* Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica cream to help with any areas of bruising and/or swelling
* 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 the next few nights
* If possible, avoid makeup today. Gentle cleansing and moisturizer are fine
* The effect of filler is immediate with full effect in 7-14 days

CALL YOUR DOCTOR OR THE OFFICE IMMEDIATELY TO REPORT ANY PAIN, REDNESS, BLISTERS, ITCHING, OR SKIN BLANCHING.

REMEMBER TO SIGN UP FOR ALLE AND CALL THE OFFICE WITH YOUR MEMBER NUMBER SO YOU CAN EARN REWARD POINTS FOR TODAY’S TREATMENT.