

# POST INJECTABLE AFTERCARE INSTRUCTIONS

## DYSPO/ BOTOX

- Results can take 7-14 days
- No exercising for 12 hours post injections
- Do not rub vigorously on treated areas for 24 hours
- Avoid facials, massages and clarisonic facial brushes post injections
- Do not wear a hat for 24 hours post forehead injections
- Avoid laser procedures and all other skin treatments for 72 hours

If you have never had Botox or Dysport before, it is possible to get a headache after injections; you may take Tylenol. After any injection it is possible to have bruising and swelling at the injection site.

## DERMAL FILLERS

### PRE-TREATMENT INSTRUCTIONS

- One week before exclude: Aspirin (Advil, Aleve, Ibuprofen, etc.), and any essential fatty acids. You may resume these 48 hours post injectables.
- Avoid chemical peels and laser sessions 1 week prior to dermal fillers.

### POST-TREATMENT INSTRUCTIONS

Sleep with your head elevated on 2-3 pillows for 72 hours to help prevent swelling.

Immediately after your procedure and for 24 hours you should avoid the following:

- Strenuous exercise
- Massaging/ pressing treated areas
- Avoid sleeping on cheeks for 72 hours post cheek injections

### SWELLING & BRUISING

- Arnica tablets- 3 tablets 3 times per day
- Arnica Gel or cream- Apply 3-5 times per day
- Take Claritin or another antihistamine the day before and for 3-4 days after filler injections
- Bromelain 500mg- 2 tablets 2 times per day

★ **Although rare, vascular occlusion can happen after dermal fillers. Vascular occlusion usually causes some pain or discomfort, but may only manifest itself by the appearance of blanching, bluish discoloration, or mottling of the skin. Anything that seems unusual even hours after dermal filler injection should be reported immediately to your treatment provider.**

## SCULPTRA

It is important to massage the area **injected 5 times a day for 5 minutes for 5 days** post Sculptra, otherwise known as “**5 5 5**.” It is possible to have bruising, swelling, and tenderness at the injection site for 3-5 days after the procedure. Ice can help with swelling. You can take arnica to help heal bruising and swelling post procedure.

**CALL THE OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR RECENT TREATMENT AT 573-348-4863**