



Cosmetic After Care Instructions

Botox:

- Botox 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**. Some wrinkles are too deep for toxin alone and may not completely disappear. They will improve over time with repeated treatments and a good skin care routine.
- You may notice your eyebrows feel “heavy” following this treatment. This is **normal** and will adjust in 1-2 weeks.
- Expect results to last 2.5- 3 months. As the Botox 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 to prevent the Botox from migrating to undesirable locations.

Dermal Fillers:

- Dermal fillers work RIGHT AWAY!
- Swelling is NORMAL and expected. Swelling can cause the results to appear uneven and exaggerated at first. This is especially true when treating under the eyes and lips where you can feel nodules/ lumps. The filler will become integrated and smooth out over the next 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.

For all treatments:

To minimize bruising and swelling, ice the area for 2 hours following your treatment and avoid NSAIDS (like Ibuprofen, Aleve and Motrin) and alcohol for the next 24 hours. To minimize swelling, sleep with 1-2 extra pillows and keep head elevated. Arnica is also available in gel or sublingual tablets which has been shown to reduce swelling.

Please call or return if the following occur:

- Severe pain, or worsening pain not relieved by instructions above
- Elevated temperature over 100.4 (fever)
- Spreading redness or pus at the site of injections
- Bleeding, or bleeding that results in localized swelling