



Post Treatment Instructions

Botox/Dysport/Xeomin:

Post-Treatment Instructions

- It is important to keep your head upright for 4 hour after injections.
- No exercising for 24 hours post injections.
- You can apply makeup after injections.
- Results generally take 3-7 days to become effective but can take up to 10-14 days.
- Avoid facial massages or any facial treatments for 1 week post injections.

If you have never had Botox, Dysport or Xeomin before it is possible to get a headache after injections; you may take Tylenol or Ibuprofen. After any injection, it is possible to have bruising and swelling at the injection site; however, it is not very common with these types of injections.

Hyaluronic Acid Fillers-

Post-Treatment Instructions

It is possible to have bruising, swelling and tenderness at the injection site up to 1-2 weeks after the procedure. You do not need to touch or massage the injection site.

Within 6 hours of the treatment-

- Avoid drinking alcohol or strenuous exercise, which may result in additional bruising. Until the swelling and redness have resolved, do not expose the area to intense heat, such as sunbathing tanning, saunas, hot tubs or hot wax. Also avoid extreme cold, such as skiing.
- Ice Packs can be applied periodically to reduce swelling. You may also take pain medications, such as Tylenol, Ibuprofen, Advil, Motrin, etc.; however, taking Ibuprofen or Aspirin may exacerbate bruising, as they have blood thinning properties.
- You can take arnica to help heal bruising and swelling post procedure. We sell arnica in our office.
- Minimize movement of the treated area. If there is a visible bump, you can massage the area. The product will soften into the skin naturally within a few days. Local swelling or induration in the tissues can create lumps and bumps for 1-2 weeks post injection. If there are lumps after 2 weeks please call the office to schedule a follow up appointment.
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser.



Collagen Stimulators- Sculptra, Bellafill:

Post-Treatment Instructions

It is important to massage the area injected **5 times a day 5 minutes for 5 days'** post treatment, otherwise known as **"5 5 5"**. It is possible to have bruising, swelling and tenderness at the injection site for several days to several weeks after the procedure. Ice can help with swelling. You can take arnica to help bruising and swelling post procedure. Do not massage the treated areas if you've had Botox the same day.

Kybella:

Post-Treatment Instructions

- After the treatment, hold ice packs on the areas that were treated gently for a few times that day.
- Treated areas may be red, inflamed, swollen, and bruised for the first several days.
- You can resume all normal activities, including exercise as long as it is comfortable and doesn't cause pain in the treated area.
- You can take Tylenol if needed for discomfort after the treatment. **DO NOT** take Ibuprofen, Motrin, or Advil. Also, **NO** antihistamines (Benadryl, Claritin or Zyrtec).
- You can take arnica to help heal bruising and swelling post procedure. We sell arnica in our office.

Novathread:

Post-Treatment Instructions

- Effects should be noticeable immediately after treatment however maximum effect will occur in 4-6 weeks.
- Bruising and swelling is normal and expected- if bruising is visible you can start taking oral Arnica and apply topical Arnica cream to areas that are discolored.
- Asymmetry and irregularity of the tissue is common and will resolve on its own in about 2 weeks.
- Pain at the insertion points is normal and may last several days to 2 weeks after treatment. Any pain beyond 2 weeks please call the office.

Please **AVOID**

Excessive animation of the face for 2 weeks.

Massage and manipulation of facial tissue for 2 weeks.

Aesthetic treatments including RF, IPL, laser, and micro-needling for 2 weeks.

Avoid strenuous exercise for 72 hours.

Please **CALL** if

Any of the threads are exposed or start to extrude. If you develop a reddened, hard, painful nodule over one or more of the threads. If you experience increased redness, swelling or pain at the insertion site. Irregularity or visible ridges (buckling) of threads 2 weeks post-treatment.