



## INJECTABLES:

### AFTER Treatment Instructions

#### **BOTOX / DYSPORT**

- Avoid touching or massaging the area for at least 4 hours post-treatment. Any bumps or swelling will resolve on their own within a few hours.
- Avoid wearing tight headwear for a minimum of 12 hours after being injected.
- Avoid excessive sun exposure, exercise, and sweating (no saunas, working out, tanning, etc.)
- Avoid any facials/laser treatments directly over the injected areas for at least 2 weeks
- Take acetaminophen for pain if necessary and avoid aspirin products

#### **DERMAL FILLERS**

- Do not massage the treated area ~ massage only as directed by your injector
- *Gently* apply ice packs as necessary to help reduce swelling
- Take acetaminophen for pain and avoid aspirin products
- Avoid any facials/laser treatments directly over the injected areas for at least 2 weeks
- Allow up to 6 weeks for any lumpiness in lips to subside after lip filler treat