



Patient Instructions- Botox and Dermal Filler Treatment

Botox, Dysport

- First 24 hours- No vigorous exercise, laying directly on your face, excessive sweating, facials, massages, facial waxing, flying or chemical peels.
- Results are not immediate- full effects can take up to 14 days.
- It is not uncommon to need a "touch-up" treatment of additional units, especially if this is one of your first treatments. We kindly ask that all first-time patients make a follow-up appointment for 2 weeks post-treatment.

Dermal Filler

- Uneven swelling, bruising, redness, firmness, itching, and tenderness are common side effects and can last up to 2 weeks.
- No activity that increases heart rate and no cosmetic makeup application for 24 hours post-injection.
- First 3 days-No massages, facial waxing, microdermabrasion, chemical peel, or facial laser treatments.
- The results are immediate, but best results are noted after swelling/bruising has resolved. Additional treatments may be necessary for desired level of correction.
- Follow-up at one month is highly recommended to ensure your happiness with results.
- Please report ANY of the following, as it could be a sign that you need medical attention: SEVERE swelling and/or pain, a "lacy" appearance to the skin, any "whiteness" of the surrounding areas. When in doubt, please call our office. We are happy to ease any concerns you may have.

Sculptra/Hyper-Dilute Radiesse Treatment

Sculptra is an injectable filler that works by stimulating your body to create collagen over time. It is important that you follow these instructions carefully to avoid having too much collagen production in any given area.

Massage the area 5 times a day, for 5 minutes each time, for 5 days after treatment. You may have moderate swelling and redness with the possibility of bruising that may take up to 3 days to appear. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.

- Avoid strenuous exercise for 24 hours to reduce the risk of bruising.
- Avoid laser, IPL, skin tightening treatments of the area for a least 2-3 weeks.
- You may continue your topical products 3 days after injection.
- Avoid extended UV exposure until any redness/swelling has subsided.
- As discussed, Sculptra often take multiple treatments to appreciate full results. Your results will continue to improve for 6 months and beyond.