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**BOTOX AFTERCARE**

* Results are to be expected in 7-14 days
* Bruising is a possible side effect. Arnica pills and cream can be used to reduce the amount of bruising
* Do not rub or touch the area
* You may apply makeup after your treatment
* No exercise for 4-5 hours after treatment
* Avoid intense heat or physical activity until swelling and redness have resolved
* Do not lay flat or get a massage

**FILLER AFTERCARE**

* Swelling is to be expected for several hours past injection and can last up to 5 days
* Bruising is a possible side effect. Arnica pills and cream can be used to reduce the amount of bruising
* Do not apply any products to the area immediately after treatment
* If you have previously suffered from cold sores, there is a risk of exacerbation of this. Please notify our office if you have a cold sore
* You may take Tylenol to reduce any pain as necessary
* Avoid intense heat or physical activity until swelling and redness have resolved
* Minimize movement of treated areas. However, if there is a visible bump, you can gently massage the area with clean fingers
* Areas where filler has been injected will soften over the course of 1-2 weeks

\*\*\*PLEASE CONTACT ME IMMEDIATELY IF YOU EXPERIENCE\*\*\*

* Fever and/or Chills
* If area appears red, hot to the touch
* Severe pain or increasing pain
* Discolored blotches in areas injected or blanching or injected areas