
BOTOX AND COSMETIC FILLER AFTER TREATMENT CARE

- DO NOT TOUCH OR RUB THE INJECTED SITE(S) 2-4 HOURS AFTER TREATMENT. HOWEVER, YOU MAY EXERCISE THE MUSCLES BY FROWNING, RAISING YOUR EYEBROWS OR SQUINTING. THIS WILL HELP WORK THE BOTOX INTO YOUR MUSCLES.
- AVOID EXERCISING, SWEATING, LAYING DOWN OR LEANING OVER 2-4 HOURS AFTER TREATMENT.
- AVOID ANY TYPE OF FACIAL TREATMENT, SAUNAS OR MASSAGES FOR 14 DAYS AFTER TREATMENT.
- AVOID ALCOHOL FOR 24 HOURS.
- TYLENOL IS ACCEPTABLE TO USE AFTER INJECTIONS. AVOID IBUPROFEN, ADVIL OR MOTRIN.
- BRUISING, REDNESS AND TINY BUMPS ARE NORMAL AND WILL GO AWAY WITHIN A FEW HOURS.
- APPLY COLD COMPRESSES TO HELP WITH ANY SWELLING AND BRUISING
- WE WILL FOLLOW UP WITH A PHONE CALL 2 WEEKS AFTER TREATMENT TO ASSESS YOUR RESULTS. IF NEEDED, YOU MAY RETURN AFTER THE 2 WEEKS FOR A BOTOX TOUCH UP AND 1 MONTH FOR FILLERS.
- **NOTE:** BOTOX AND FILLER RESULTS CAN TAKE UP TO 14 DAYS TO TAKE FULL EFFECT. MOST PEOPLE WILL NOTICE A CHANGE WITHIN THE FIRST WEEK. BOTOX TYPICALLY LASTS 3-4 MONTHS AND DEPENDING ON THE TYPE OF FILLER USED, THEY CAN LASTS BETWEEN 6 TO 12 MONTHS.

IF YOU HAVE OTHER QUESTIONS OR CONCERNS PLEASE REACH OUT TO OUR TEAM. IF OVER THE WEEKEND PLEASE CALL 206-641-7212 AND FOLLOW THE PROMPTS.

