Post Instructions for Botox and Dermal Filler
Chadha MD Aesthetics

In order to minimize the risk of possible side effects and complications of injections please follow these steps:

IMMEDIATELY AFTER TREATMENT

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. This is normal and generally disappears within a few hours to a few days.
- Depending on the area treated and the product used, you may feel "firmness" that can last 1 to 2 weeks after treatment.

Post-Treatment Botox

- Do NOT manipulate the treated area for 4 hours following treatment. Do NOT receive facial/laser treatments or microdermabrasion after Botox injections for at least 10 days.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen and 14 day for total effect. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise (hot yoga) for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

Post-Treatment Instructions Dermal Filler

- **Avoid strenuous exercise for 24 hours (no hot yoga). Until the swelling and redness have resolved, do not expose the area to intense heat, such a sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold, such as skiing or hiking outdoors.**
- Avoid extensive sun or heat (sauna) for 72 hours.
- If you have swelling you may apply a cool compress for 15 minutes each hour. Over the counter antihistamine (Claritin) to Tylenol PM may be taken if needed.
- Try to sleep face up and slightly elevated to avoid swelling.
- Avoid excessive pressure to the treated area up to 3 days. When cleaning your face or applying makeup, be very gentle.
- Avoid laser treatments to the treated areas for a minimum of 4 weeks.