



# POST BOTOX

## Aftercare



DO

expect to have a mild headache



DO

take **TYLENOL** for mild pain



DON'T

touch face for 4hrs



DON'T

bend or lie down for 4hrs



DON'T

manipulate face for 2 weeks



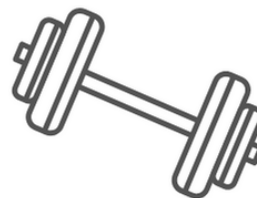
DO

be patient, results take 10-14 days



DO

schedule a follow-up appt.



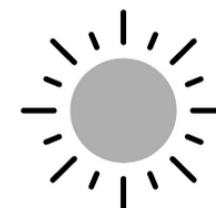
DON'T

exercise for 24hrs



DON'T

drink alcohol for 12hrs



DON'T

remain in the heat for 72hrs

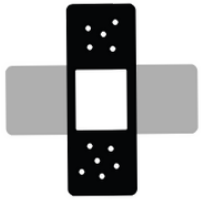


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# POST FILLER

## Aftercare



DO

expect swelling  
& bruising



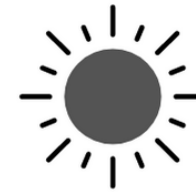
DO

take TYLENOL  
for mild pain



DON'T

massage unless  
instructed



DON'T

remain in the sun  
for 72hrs



DON'T

apply makeup  
for 12hrs



DO

apply a cold  
compress



DO

contact us  
if needed



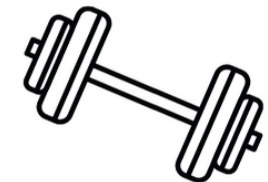
DON'T

drink alcohol  
for 12hrs



DON'T

smoke for  
12hrs



DON'T

exercise for  
24hrs

**Vascular Occlusions:** Any bruising that begins to spread, blanching, unusual or continued pain, excessive heat to the area or feel generally unwell. **CALL us immediately.**



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