

BOTOX

A F T E R C A R E

B O T O X A F T E R C A R E



Avoid harsh skincare products for 24 hours.



Avoid alcohol for 24 hours



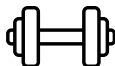
No facial treatments or massages



Keep your head upright for 4 hours post-treatment



No makeup for 24 hours



Avoid exercise for 24 -48 hours



No blood thinners for another 24 hours



Avoid direct sun for 2-3 days



Do not touch, rub, scrub, or massage the treated areas for 24 hours



Perform facial exercises if recommended by your provider



Avoid bed tanning or sauna, hot tubs, hot showers, steam rooms for 24 hours



Botox Results are not immediate; final results between 10-14 days

FILLER

A F T E R C A R E

F I L L E R A F T E R C A R E



Use soothing antiseptic cream



Avoid alcohol & smoking for 24 hours



Do not plan special events & occasions for one week after the filler



Keep hydrated; drink plenty of water



Avoid harsh skincare products & makeup for 24 hours



Skip strenuous activities for 24-48 hours



No blood thinners for another 24 hours



Avoid direct sun exposure for 2 weeks



Do not touch, rub, scrub, or massage the treated areas for 24 hours



Apply ice packs gently, if advised, to reduce swelling



Avoid excessive heat (like saunas & hot tubs) for 24-48 hours



No facial treatments or massages for at least 2 weeks