

IVita Wellness, LLC

Botox & Filler Post Treatment Instructions

Botox

- No laying down or reclining for four hours after injection
- No scratching or rubbing the injected area
- No bending forward for four hours
- Make up should be avoided for one to two hours after injection

Filler

- Avoiding prolonged sun or UV exposure
- Avoiding saunas for two weeks after injection
- Avoiding steam baths for two weeks after injection
- Make up should be avoided for at least 12 hours after injection