

Aftercare Instructions: Botox and Dermal Fillers



NO!

AVOID STRAINING (e.g. heavy lifting, vigorous exercise) for the first 3 hours after your treatment.



NO!

AVOID SLEEPING ON YOUR STOMACH if you've been treated for dermal-fillers for 2 days after your treatment.



YES!

REMAIN UPRIGHT for the first 2-3 hours after your treatment. Sitting upright is allowed.



OK

APPLY A COLD COMPRESS in case of bruising, as needed, for 10 mins. every hour.



OK

USE OF ARNICA GEL topical ointment may be applied, in case of bruising, as needed.
