



## AFTER YOUR INJECTABLES

### POST TREATMENT GUIDELINES

#### **After Neuromodulators (*Botox, Dysport, Daxxify or Xeomin*):**

- Stay upright for one hour - no bending over or lying down.
- Do not massage or touch injected area for one hour.
- Avoid tight fitting hats, headbands, goggles, or bike helmets for one hour.
- Allow up to ten days for the complete effect.
- Clients receiving one of these neuromodulators for the first time should have a follow up appointment in two to three weeks.
- Most likely, you will want to have your next treatment scheduled for 3 to 4 months from today.
- If you are not already a member, consider earning savings for future treatments through Alle.com (Botox) and AspireRewards.com (Dysport).

#### **After Fillers (*Belotero, Bellafill, Juvederm, Kysse, Radiesse, Restylane, RHAs, Sculptra, Volbella, etc.*):**

- The most common side effects after an injection are bruising, redness, swelling, and tenderness.
- Apply cool compresses to injection site (gently, without firm pressure) for no more than 5 minutes multiple times a day for 1-2 days.
- Avoid sun exposure if bruising is present.
- Sleeping with your head elevated may decrease swelling.
- Avoid vigorous exercise for 24 to 48 hours.
- Do not massage the treated areas unless you have had Sculptra. You must massage Sculptra for 5 minutes up to 5 times a day for 5 days, as directed by your provider.
- Avoid wearing goggles (swimming, skiing, etc.) for two weeks after fillers placed in the mid face or temples.

Please do not hesitate to contact our office if you have questions or concerns.  
Thank you for choosing Signature Medical Spa and Albemarle Dermatology Associates.

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