



### **After Care Instructions for Injections**

- Visible bumps may be seen at the injection sites. These are normal and may last up to a few hours.
- The product will start to work in 2 to 5 days and will peak in about a week. Additional product can be given 7 to 10 days after the initial treatment. Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your physician about recommendations for touch-up or follow-up treatments.
- The product has been placed in specific locations and these areas should not be rubbed or massaged for one day.
- You may cleanse your face the evening of treatment using gentle patting motions. Do not use a facial cleansing brush such as Clarisonic. Also, avoid exfoliating products and scrubs.
- You may gently apply cosmetics and sunblock the same day, using a clean applicator.
- Do not overheat your body. Avoid strenuous exercise, hot tub, hot yoga, and saunas for 24 hours. Avoid alcohol.
- Do not lie down or position your head below the level of your heart for the first six hours following treatment.
- Do not get another facial procedure such as micro-needling, laser treatment or chemical peel, for one week or as advised by your Medical Provider.
- Minimal bruising may be seen and will not affect your results. Bruising should resolve within a week. The use of Arnica Montana, available at natural product stores, may help with bruising. Arnica is available topically and orally as a homeopathic remedy.
- Avoid taking aspirin, Ibuprofen, Aleve, anti-inflammatory medications, St. John's Wort, fish oil and vitamin E for one day after treatment. These agents can increase bruising and bleeding at the injection site.
- Headache is a possible side effect. Use Tylenol (Acetaminophen), as needed.
- Contact the office for any concerns.