

## Botox Post-Procedure Instructions

You may have small bumps present after your injections. These will resolve on their own the day of treatment.

Do NOT lie flat for 4 hours after your injections.

Avoid vigorous exercising for 4 hours after your injections.

Botox takes 7-10 days to take full effect. Immediately after your treatment, you will not see any changes.

Use exaggerated facial movements for the remainder of the day.

Return to the office in 2-3 weeks to evaluate treatment benefits.

If you have any questions or concerns regarding your treatment, please call our office at (559) 435-7546.

## Filler Post-Procedure Instructions

Ice may be applied to the treated area(s) for the next 24 hours every 2 hours for 10-15 minutes.

Avoid vigorous exercise for the next 24 hours.

Possible side effects include temporary injection site reaction such as: redness, pain/tenderness, firmness, lumps/bumps, bruising, itching and discoloration. Most side effects resolve within 7-10 days.

Be sure to notify the office IMMEDIATELY if moderate to severe pain persists, if you notice a skin change other than a bruise or if you have any change in vision after you leave the office. If calling after regular business hours, please call the office phone number at (559) 435-7546 and follow the instructions on the recorded message for contacting a provider after hours.

If bruising occurs, you may return to the office to be treated with V-Beam laser 48 hours after the treatment. Please call (559) 435-7546 to schedule this appointment if it is needed.

A follow-up appointment should be scheduled before you leave the office.