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COSMETIC PROCEDURE CARE

Botox® and Dysport®

- Do not lie flat for 4 hours post injection.
- Avoid strenuous activity for 24 hours post injection.
- Do not massage the treated areas for 4 hours.
- Use the muscles injected (make expressions) as much as possible for the first hour to facilitate absorption.
- The effects of treatment will begin between 2-3 days with full effect after 2 weeks.

Warning signs: Progressive redness or swelling, pustules, marked asymmetry, visual disturbances or difficulty swallowing. If these or other concerns arise contact your doctor or seek medical attention urgently.

DERMAL FILLERS (e.g. Restylane® and Juvéderm®)

- Ice for 5-10 minutes every hour the first day.
- Swelling and bruising are normal and are to be expected.
- Sleep with your head elevated on an extra pillow or two to minimize swelling.
- Makeup may be worn the following day.
- The product may feel firm or "hard". This is normal. Over time, it will absorb water and soften.
- Do not rub or try to manipulate the product yourself. Call your doctor if there is question.
- It takes a week for swelling and bruising to mostly resolve.
- It takes typically two weeks to assess results.

Warning signs: extreme discomfort/pain, pus, visible tender nodule formation, fevers, chills or any other concerns should be directed to your doctor or health care professional immediately.

SUPERFICIAL CHEMICAL PEELS & MICRO-DERMABRASION

(Salicylic acid peel / Jessner's peel)

- Avoid ALL direct sun exposure until fully healed. Wear hats and sunscreen (30+ SPF) even if in the shade.
- Cool compresses to cleanse the face 3 times a day until healed (cool tap water soaked wash cloth applied to the face for 5-10 minutes).
- Apply moisturizer and/or sunscreen liberally after each compress.
- Healing ranges from 2 to 7 days depending on the aggressiveness of the procedure and tolerance of your skin.

Warning signs: Numerous pustules, severe discomfort/pain or progressive and worsening redness and swelling, especially if occurring days after the procedure. Also fevers, chills or any other concerns should be directed to your doctor or health care professional immediately.