



Aftercare Instructions for BOTOX and Juvederm

1. Immediately after the treatment, there may be mild redness and slight swelling, as well as headaches, blistering, itching, discomfort, discoloration, back aches, and flu-like symptoms. These are normal and may last up to 14 days after the treatment. To alleviate discomfort, use a cold compress, aloe-vera gel or lotion, or usual pain-relieving methods. No side effects is also normal.
2. You may experience bruising at the injection site(s). This is normal and may last for up to a week. To alleviate discomfort, use a cold compress or aloe-vera gel or lotion. No reaction is also normal.
3. Drooping skin including droopy eyelids are also a common side affect, especially after a Botox injection. This temporary side effect may not appear for up to two weeks following the injection. It should subside within two weeks. The use of Nascon A is recommended to help .
4. No straining, heavy lifting, or vigorous exercise for three days following your treatment. Increasing circulation can wash away the Botox or Juvederm from where it was injected.
5. Do not have a facial, chemical peel, or microdermabrasion treatment for up to one week following the Botox treatment and at least four weeks following a Juvederm treatment. You can have any of these procedures immediately PRIOR to your Botox or Juvederm appointment.
6. Facial exercise in the injected areas is recommended for one hour following the treatment. This helps stimulate the binding of the toxin. Follow the oral instructions given by our nurse.
7. Do not lie or look down for 4 hours following the treatment.
8. Sleep on an extra pillow for at least the first two nights following your injection. Do NOT sleep on your belly. Doing so can cause side effects, including droopy eye lids.
9. Do not use Retin-A, Glycolic acid, Vitamin C, or Kinerase for 48 hour after your treatment.
10. Use of sun block rated at 15 SPF or higher is required for sun exposure up to 2 weeks.
11. You may shower after your treatment, using mild soap and warm water. Pat the skin dry.
12. Makeup may be used after treatment if skin is not too irritated. If skin is crusted or scabbed, we recommend that you refrain from applying makeup on the area to reduce risk of infection.
13. Additional treatments of the area may be necessary for continued results. Botox lasts up to four months, while Juvederm can last for at least eight months. The biggest reason people are dissatisfied with their injection results is because they don't get enough product.
14. It may take up to a week for the Botox to take effect. Juvederm will be in full effect within one month. Feel free to contact our office after 2 weeks if no results can be seen. You may need to purchase additional product in order to achieve your desired results.
15. We do not issue refunds for unused or unwanted procedures or products, or for injections you have already received. If you are late to or miss an appointment, you will be assessed \$35 and/or may forfeit your deposit.

If you have any questions or concerns please call (303) 750-3100