



## **DERMAL FILLER AFTER CARE INSTRUCTIONS**

**(We highly recommend you follow our pre and aftercare instructions which will be provided to you in your medical consult appointment)**

1. Please do not travel 24-48 hours post procedure.
2. Avoid touching, rubbing or massaging the area for 12 hours after injection (massaging of any lump and bump should be done in clinic by the health care provider).
3. Avoid prolonged exposure to sunlight, UV, as well as extreme heat or cold for at least 2 weeks after treatment and until the initial swelling and redness have resolved.
4. If you have previously suffered from facial, or lip cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please notify the clinic immediately if this is the case.
5. If you are using aspirin or any similar medication prior to injections, be aware that these may increase bruising at the injection site. Avoid aspirin or anti inflammatories X1 week prior and X1 week post treatment. (Please refer to anti bruise sheet for a detailed list)
6. Please do not book any dental appointments for 1 month pre & post your Dermal Filler appointment unless it is urgent, please call the clinic to advise.
7. **If you arrive to your filler appointment feeling unwell we will need to reschedule your appointment**

## OTHER TIPS:

- Sleep on your back for at least 1 night or 2 nights following cheek injections. Sleep with head slightly elevated for the first night.
- We recommend no teeth bleaching at least 1 month pre/post lip injection.
- We strongly recommend no makeup be worn for the first 12 hours after your treatment and will not be able to apply it at the clinic immediately after your procedure.
- **Avoid high impact workouts for at least 48 hours following treatment.**
- Increase your water consumption for at least 48 hours post treatment.
- Avoid alcohol X24 hours prior to and post treatment.
- Avoid chemical peels and facial laser treatments for 4 weeks post dermal fillers.
- Avoid excessive mouth activities stretching or movement after lip fillers (such as singing, using a straw)
- **Bruising, swelling, lumps and bumps, unevenness and pain at injection site can occur following treatment-please call the clinic if these symptoms persist for more than a week. It is not uncommon to be tender over the entire injected area for several days after the treatment, especially with facial expressions or even kissing. A 2 week follow-up appointment will be required. If you are concerned about anything you are experiencing post treatment, please call the clinic at (403) 453-0122 as soon as possible.**
- **if you desire additional volume we will not reinject the same area sooner than one month post treatment.**

**For After Hour support or unusual symptoms such as pain, rash, itchiness, discoloration or swelling please call our after hours contact number.**

**If this is a URGENT medical emergency please call 911.**

**NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_**

**HEALTH CARE PROFESSIONAL: \_\_\_\_\_**



## **BOTOX Cosmetic® Post Treatment Instructions**

1. Try to exercise your treated muscles for the first 30 minutes after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work BOTOX Cosmetic® into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. Do NOT rub or massage the treated areas for 2-3 days after your treatment. **Do NOT do strenuous exercise for 24-48 hours after treatment.** Also AVOID saunas for 24-48 hours and facials for 7-10 days after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
3. Do NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
4. Avoid tight hats, helmets or headbands following a botox treatment for 2-3 days.
5. Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up within 12 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area. We recommend mineral makeup, using a clean brush or sponge only.
6. **Results of your treatment can take up to 14 days to take full effect.** Please wait until the 14 days has passed before assessing your treatment results. A follow treatment is recommended. We will not inject more Botox to the treatment area prior to 14 days.
7. Avoid anti-inflammatories (eg Advil, Aleve) for 1 week post botox treatment.
8. Avoid chemical peels or laser facial treatments for 2 weeks.
9. **Excessive swelling or allergic reaction although rare may occur. If this occurs please contact our clinic immediately (403) 453 0122 or our after hours urgent contact number. If any allergic reaction causes difficulty breathing and/or swelling, call 911 or go to the Emergency room immediately.**

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_