



—

Post Care Instructions for Botox/Xeomin/Jeuveau/Daxxify/Dysport

- After your treatment you may resume normal activities.
- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Do NOT lie down for 4 hours after your Botox Treatment. This will prevent the Botox from tracking into the orbit of the eye and causing a drooping eyelid.
- It can take approximately 4-7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for any product used during any touch-up or subsequent appointment.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and keep it from spreading.
- Be gentle when washing your face within the first 24 hours.
- You may take Tylenol for any discomfort.
- Bruising and swelling are normal, applying topical Arnica cream/gel can help reduce the appearance.

Post Care Instructions for Dermal Filler

- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- Try to sleep face up and slightly elevated if you experience swelling.
- Do not love or hate your results immediately, swelling and bruising are noted mostly in the first 24-48 hours. However, swelling may last more than others. Modification (if needed) can be done when swelling and bruising subsides. FOLLOW UP appointments should be made in 2 weeks with ANY major concerns.
- When washing your face within the first 24 hours, GENTLY scrub.
- Bruising and swelling are normal, applying topical Arnica/ice/Benadryl can help reduce the appearance.
- Ice the area treated to help minimize swelling and soreness. Take Tylenol for discomfort.
- If swelling is uncomfortable and lasts more than 72 hours please contact healthcare provider first. Warm compresses may be applied (must be advised by healthcare provider first.)
- Do not touch/massage the treated area unless directed to by your provider.

How to make a warm compress:

1. Combine 2 tablespoons of Epsom salt or 2.5 tablespoons of regular salt with 8oz of hot/warm water (whichever is tolerable)
2. Soak a hand towel into water and apply to the affected area for a minimum of 15 minutes. Repeat this as necessary until swelling subsides.

Products to Boost your Results

Ask your provider about these products to enhance today's treatment results:

Product	Benefit
Skinceuticals P-Tiox	Physician Tested to complement neurotoxin injections, reduces the appearance of contraction lines, provides glass-skin radiance
Skinceuticals H.A Intensifier	Visibly improves skin's firmness, texture, and plumpness.
Skinceuticals C E Ferulic	Delivers environment protection and improves the appearance of fine lines and wrinkles, loss of firmness, and brightens skin's complexion.
Skinceuticals A.G.E. Interrupter Advanced	Fights visible signs of aging and improves wrinkles, firmness, and skin texture. Our most aggressive skincare product for anti-aging!

When to contact our **Nurse Emergency Line: (463)288-0393**

Any difficulty breathing, swallowing, or speaking, call 911 immediately, not the nurse line.

- 1.) Excruciating, throbbing pain that is not lessened by over-the-counter medication.
- 2.) Signs of an infection including fever, heat around the injection sight, increased redness, or pus.
- 3.) Excessive or prolonged swelling.
- 4.) Cold or numbness to the treated area.
- 5.) Pale, white, or dusky skin, indicative of blocked blood flow.
- 6.) Any changes in vision.



Scan Now

To schedule your next appointment.

(317) 855-9100 Zionsville Office

(317) 530-2392 Greenwood Office

www.agelessindy.com