



Botox /Xeomin

DO NOT bend or lay down down for 4 hours following treatment

DO NOT massage the area (we want the toxin to stay where it is). Avoid exercising for the rest of the day

A mild headache can sometimes occur, you can take Tylenol for this

It can take up to 7 days to show full effect. After this time, touch-ups may be needed based on strength and asymmetry of your muscles.

Mild swelling that appears as mosquito bumps can occur and this will resolve in 2-3 hours. Bruising can occur in some cases. This should resolve in a few days.

Fillers

Ice the area as able every 1-2 hours for the first 24 hours.

It is normal to feel lumps and bumps in the injected area, please massage those gently with your hands.

It can take up to 30 DAYS for the filler to show its full effect and settle in under the skin.

Expect some bruising and swelling. The filler naturally draws water and thus swelling is common. The amount of bruising/swelling varies in individuals but in some can be extreme. This can take up to 30 days to resolve.