

POST INJECTABLE AFTERCARE INSTRUCTIONS

NEUROMODULATORS

Botox | Dysport | Xeomin

- It is important to keep your head upright for 4-6 hours after injections
- No exercising for 24 hours post injections
- You can apply makeup after injection in a light upward motion
- Neuromodulators generally takes 3-4 days to become effective but can take up to 10 days
- Avoid facial massages for 1 week post injections

If you have never had Botox, Dysport, or Xeomin before it is possible to get a headache after injections; you may take Tylenol. After any injection it is possible to have bruising and swelling at the injection site, however it is not very common with these types of injections.

FILLERS

Belotero | Juvederm | Voluma | Restylane | Radiesse | Bellafill

You do not need to touch or massage the injection site. It is possible to have bruising, swelling, and tenderness at the injection site for 3-5 days after the procedure. Ice can help with swelling. You can take arnica to help heal bruising and swelling post procedure. You can also come in for a complimentary VBeam to help expedite the healing of your bruise 24-48 hours post injection.

COLLAGEN STIMULATORS

Sculptra

It is important to massage the area injected **5 times a day for 5 minutes for 5 days** post Sculptra, otherwise known as “**5 5 5.**” It is possible to have bruising, swelling, and tenderness at the injection site for 3-5 days after the procedure. Ice can help with swelling. You can take arnica to help heal bruising and swelling post procedure. You can also come in for a complimentary VBeam to help expedite the healing of your bruise 24-48 hours post injection.

If you have any PAIN or CHANGE IN COLOR (other than a bruise) at the injection site(s), call the office at (949) 727-3800. If it is after hours, you can call Dr. Pilest on his cell phone at (949) 874-5378.