

# Total DERMATOLOGY

NISSAN PILEST M.D.  
16100 Sand Canyon Avenue, Suite 190  
Irvine, CA 92618 | (949) 727-3800

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## NEUROTOXIN Aftercare Instructions

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BOTOX | DYSPORT | XEOMIN

- Keep your head upright for 4-6 hours following treatment.
- Avoid heavy lifting and any strenuous activity for 24 hours, including exercise.
- Avoid facial massage or any other aesthetic treatment for at least one week.
- It is possible to experience bruising, swelling, and/or tenderness at injection sites. You may take arnica pills/apply topical arnica for bruising (Arnica can be purchased in our office, or at most health food/care stores). Icing is not recommended following treatment with neurotoxins.
- If this is your first time receiving treatment, it is not uncommon to experience a headache. Taking a painkiller such as Tylenol is best; contact the office if the headache does not improve within a few days.

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## DERMAL FILLER Aftercare Instructions

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BELOTERO | JUVEDERM line | RESTYLANE line | RADIESSE | SCULPTRA | BELLAFILL

- Avoid heavy lifting and any strenuous activity for 24 hours, including exercise.
- Unless instructed otherwise, massage or manipulation of any dermal filler *other than Sculptra* is not necessary.  
**FOR SCULPTRA ONLY:** Gently massage the treated area five times a day for five minutes, for five days following treatment (“5 5 5”).
- Avoid facial massage and any other aesthetic treatment for at least one week.
- It is possible to experience bruising, swelling, and/or tenderness at injection sites. You may ice in 15-minute increments for swelling, and take arnica pills/apply topical arnica for bruising (Arnica can be purchased in our office, or at most health food/care stores).

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If you have any *pain or change in color other than a bruise* at injection site(s), call the office at (949) 727-3800. If it is after hours, you may call Dr. Pilest directly at (949) 874-5378.

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