



Jersey Smile Centre

St Helier

BOTOX & FILLER POST-TREATMENT INSTRUCTIONS

- Do not massage, rub or apply pressure to the treated area for 6 hours after treatment.
- Avoid aspirin, ibuprofen, and drinking alcohol for a few days following treatment.
- Do not exercise for 48 hrs.
- Apply topical Arnica cream to any areas with redness, bruising or swelling.
- Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears.
- Do not restart Retinol or Retin-A for 2 days.

IF YOU HAD BOTOX TODAY

- Stay upright; do not lie down for at least 6 hours following the treatment.
- You may experience occasional tingling sensations resist the temptation too sub or scratch the area.
- An immediate headache is common especially, if it is your first Botox treatment
- It can take 2-14 days to take full effect. Botox can last on average between 3-6 months depending on your lifestyle factors.
- Mineral Makeup can be reapplied after treatment

IF YOU HAD FILLER TODAY

- Avoid kissing, puckering, using a straw, and “lip plumpers”. This can displace the filler material and cause complications.
- Immediately apply ice to the area treated with very light pressure to reduce swelling. Ice should be applied for 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout today.
- Mild to moderate bruising is very common with fillers. Apply Topical and/or oral Arnica to help with any areas of bruising and/or swelling.
- Stay well hydrated can improve results. Filler attracts and binds to water to add volume to the skin.
- Avoid facials, peel, micro-dermabrasion, dental treatment, “face down” massages for two weeks. Also, sleep on your back for the next few nights.
- If possible, avoid makeup today. Gentle cleansing and moisturizer are fine.
- The effect of filler is immediate with full effect in 7 days.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS PLEASE CONTACT US
IMMEDIATELY REPORT ANY SEVERE PAIN, REDNESS AND BRUSISING, BLISTERS, ITCHING, OR SKIN BLANCHING
(01534) 769740**