

# BOTOX & DYSPORT

## *Post Treatment Instructions*

- Within the first 24 hours, you should avoid strenuous exercise, extensive sun or heat exposure, and alcoholic beverages. Exposure to any of the above may cause temporary redness, swelling and/or itching at the injection sites.
- Do Not massage treatment area for 12 hours following treatment.
- Do Not lie down or bend over/down for 4 hours following treatment.
- Avoid wearing a hat or headband for 12 hours.
- Treatment effect may take 14 days. The benefits may last 2-6 months - the average is 3 months.
- Touch-up booster injections may be necessary in 3 weeks. It is your responsibility to contact us within this period of time if you feel you need repeat touch-up injections.
- Use Tylenol for mild pain or discomfort. Avoid aspirin and aspirin containing products as these products might cause increased bleeding or bruising.
- No smoking for 24 hours following treatment.

AZAD  
PLASTIC SURGERY

**(407) 848-3400**

[www.azadplasticsurgery.com](http://www.azadplasticsurgery.com)

2340 Glenwood Drive, Winter Park, FL 32792

# FILLERS/INJECTABLES

## *Post Treatment Instructions*

- Within the first 24 hours, you should avoid strenuous exercise, extensive sun or heat exposure, and alcoholic beverages. Exposure to any of the above may cause temporary redness, swelling and/or itching at the injection sites.
- You may experience a mild amount of tenderness or stinging sensation following injection.
- Bruising, swelling and/or redness may occur after treatment. Apply cool compresses until the next morning to minimize bruising and swelling.
- Minimize mouth motion (chewing, talking) for 24 hours to allow the product to set into the tissues.
- Notify your provider immediately (day or night) for a cold sore outbreak. Cold sores can lead to scarring.
- If you have lumpiness or asymmetry, you can massage these areas after 72 hours to break down the product. STOP massaging when the lumps and asymmetry are better to avoid breaking down good product.
- Use Tylenol for mild pain or discomfort. Avoid aspirin and aspirin containing products as these products might cause increased bleeding or bruising.
- Refrain from using straws for 24-48 hours following treatment.
- No smoking for 24 hours following treatment.

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