



## After your Botox and/or Dermal Filler Treatment:

- Do not massage, rub, or apply pressure to the treated area for AT LEAST 6 hours following your procedure.
- Avoid any pain relievers or anti-inflammatory medications that are blood thinners, like ibuprofen and aspirin (e.g., Aleve, Advil, Motrin), for 2-3 days following treatment.
- Avoid alcohol for 1-2 days following treatment as it can worsen bruising.
- Avoid excessive temperatures (hot AND cold) immediately following treatment.
- Do not exercise for 24 hours following treatment.
- Post BOTOX: Do not fully recline for 4 hours following treatment to avoid unwanted spread of the injectable.
- Post Dermal Fillers: Apply ice over the treated area immediately following your procedure to reduce swelling. You can continue icing the area as needed following treatment in 15-20 minute increments. DO NOT ice the treated area for more than 20 minutes. Leave ice off the treated area for 30-40 minutes before reapplying.
- You may experience mild bruising, occasional tingling sensations, and/or headache immediately following BOTOX treatment.
- You may experience mild to moderate bruising and swelling following your treatment with dermal fillers.
- Additional Instruction:

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*Please feel free to reach out with any questions or concerns to **904-461-5566**.*

### CONTACT

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