



POST-TREATMENT GUIDE

Neuromodulator Aftercare

Simple guidance for the first hours and days after treatment.

Do's

- For the first 30 minutes, contract the facial muscles in the treated areas.
- Shower and continue with your usual daily activities.
- Schedule a follow-up for two weeks after your appointment.
- Plan your next treatment before the neuromodulator has fully worn off.

Don'ts

- Avoid strenuous exercise for 24 hours after your injections.
- Do not rub or massage the treated area for 24 hours.
- Remain upright - sitting or standing - and do not lie down for four hours.
- Avoid saunas, hot tubs, and steam rooms for at least four hours.
- Wait four hours before applying makeup to the treated area.

GOOD TO KNOW

- Results may take up to 14 days to fully appear.
- Each side of the face may begin showing results at a different time.

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POST-TREATMENT GUIDE

Dermal Filler Aftercare

Simple guidance for the first hours and days after treatment.

Do's

- Shower and resume your normal daily activities.
- Gently apply a clean, wrapped cold pack to swollen areas as needed.
- Schedule a follow-up for two weeks after your appointment.
- If you are prone to cold sores and medication was prescribed, take it as directed after treatment.
- Wear SPF 30 or higher and reapply every few hours as needed.

Don'ts

- Avoid saunas, hot tubs, and strenuous activity for at least 24 hours.
- Wait 24 hours before applying makeup to the treated area.
- Do not massage or manipulate lumps. If a lump is visible, contact the clinic. Filler remains pliable for about 24 to 48 hours.
- Avoid drinking through a straw or strongly puckering your lips for 48 hours.
- Do not schedule a facial massage or lie face-down for two weeks.
- Avoid dental appointments and vaccinations for two weeks after treatment. For future filler appointments, avoid them for two weeks beforehand as well.

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