



Filler Injection Aftercare: Botox & Dermal Filler

All Injection Procedures: Stay out of the sun and wear sunscreen for at least two weeks to prevent pigmentation at the site of injection. Avoid using makeup for at least 12 hours after procedures and avoid touching the injected area until injection sites have healed (12 hours). Avoid skincare products for 24 hours and postpone dental procedures for at least 2 weeks after treatment.

Bruising: Ice for the first 48 hours, then alternate between heat packs and cold packs every 15 minutes. Avoid exercising x 3 days as the pressure can increase the size of bruises. We can also treat bruises at our office with lasers at 24 to 48 hours after the procedure.

Swelling: Stay upright as much as possible, avoid exercising, use ice packs, and take allergy medications such as Benadryl (at night as it causes drowsiness), and either Claritin, Zyrtec, or Allegra in the daytime. Advil/Alleve may be helpful as anti-inflammatories but can increase the risk of bruising. The most effective medication for swelling is oral steroids. Please call us for a prescription if necessary.

Botox: Do not exercise, lie down, or bend over for 4 hours. Only if fillers were NOT injected in the same area, move the muscles that were treated with Botox/Dysport 2 times every 15 minutes for 4 hours as follows:

- Frown for frown lines
- Smile or squint for crow's feet
- Raise your brows up for forehead lines
- Make a sad face for downturned lips
- Shut eyes tight for brow lift
- Make a bunny nose for bunny lines
- Purse your lips for lipstick lines
- Tighten neck for necklines
- Tighten chin for chin dimples
- Bite down for TMJ/jaw treatment

Lips: Try not to talk/purse lips too much as nodules can form. If nodules do form, use your index finger and thumb to roll the nodule until it flattens back down. Please call us if you need cold sore medication.

Under-eyes: Do NOT smile, wear glasses, or rub the area for at least three days. Goggles are discouraged indefinitely. Swelling in this area is common. Over time (usually about a year), the product may move superficially toward the skin and cause a protrusion or a blue tint. This would be a good time to come back in to remove the remainder of the product and reapply for optimal results.

Cheeks: Try to sleep on your back so you do not flatten the injection.

Smile lines: Avoid deep smiles for 3 days.

If you experience any problematic side effects from your treatment please contact Dr. Soleiman immediately on 818-322-0122 or email info@cicproviders.com.