

Neurotoxin Post-Treatment

Instructions

- Remain upright for 8 hours after injection.
- Avoid hats, visors, bike helmets, and massages for 48 hours.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for the rest of the day.
- Do not manipulate the injection site for 48 hours.
- You may experience a dull headache which should subside within a couple days.

PRF (Platelet Rich Fibrin) Post-Treatment

Instructions

- Avoid wearing makeup for 6-12 hours to allow injection sites to heal and minimize risk of infection.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for the rest of the day.
- Use Tylenol (acetaminophen) for discomfort.
- Try to sleep face up and slightly elevated to minimize swelling.
- Arnica and Vitamin K can help minimize bruising and swelling.

Dermal Filler Post-Treatment

Instructions

- Avoid strenuous exercise for 48 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- Arnica and Vitamin K can help minimize bruising and swelling.
- Wait a minimum of four weeks before laser treatments or microneedling.
- Wait a minimum of two weeks for dental procedures.
- Wait a minimum of four weeks for all vaccines after treatment.
- Avoid significant movement or massage of the treatment area unless instructed by your injector.