

### **Botox and Dermal Filler: Aftercare Instructions**

- You may notice some redness or swelling at the treatment site. You may ice any treatment area to minimize redness, swelling or bruising. If you do bruise, you may use cover up after 2-3 hours. Avoid aspirin, NSAIDs (Advil, Motrin, Aleve, etc.), or supplements that thin the blood (St. Johns Wort, fish oil, ginko) for 48 to 72 hours after treatment.
- Do NOT bend over or perform strenuous exercise for 2-3 hours after treatment. This will prevent your blood pressure from rising and minimize the risk of bruising after treatment. You may resume normal activities tomorrow.

#### ***BOTOX***

- Avoid vigorously rubbing the treatment area for the next 2-3 hours as not to displace Botox to unintended muscles.
- After Botox is placed into the targeted muscles, the weakening effect gradually begins anywhere from 48 to 72 hours and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks. If this is your first treatment with Dr. Hahn, there may be slight asymmetries in treatment as he gets to know you and your facial expressiveness. Dr. Hahn offers complimentary “touch up” treatments to make sure you are happy with your results. Just contact him to schedule.

#### ***DERMAL FILLER***

- If you notice any *visible* lumps or bumps around the filler injection site, feel free to gently massage the area to help smooth out these deposits. If you can feel firmness but this is *not visible*, the filler will soften over the next 48-72 hours, avoid manipulating the area if possible.
- You may gently wash your face 2-3 hours after treatment. Avoid vigorous rubbing of the treatment areas as not to displace the filler.
- Avoid sunbathing or extended UV exposure until all redness and swelling subsides.
- If you have previously suffered from recurrent cold sores, please notify Dr. Hahn as injections may lead to recurrent symptoms. He can prescribe medication to prevent recurrence.

***If you have any questions or concerns regarding your treatment, please notify Dr. Hahn. You can call his office: 410-825-5503***