

THE FIRST GLANCE

Hyaluronic Acid (HA) Filler Post Treatment Instructions

You should **AVOID** the following after the treatment:

- Massaging the area and/or putting pressure on the area for 5-7 days
- Applying makeup for 12 hours
- Exercise for 48 hours – walking and regular activities are okay
- Any sauna, hammam sessions, steam baths or hot yoga for 2 weeks (basically any extreme heat as it may break down the filler prematurely and/or cause excess swelling)
- Temperatures below 0 degrees for 2 weeks - But how, we live in Winnipeg?! - it's okay to go outside in cold weather, just please wear a scarf or other covering and limit your exposure (i.e. don't go snowmobiling all day).
- Dental appointments for 2 weeks
- Prolonged exposure to sun or UV rays for 2 weeks

You may experience temporary redness, swelling, itching, pain, firmness, bumps, bruising, and/or discoloration at the injection site. If this occurs, apply an ice pack or cold compress. Bruising can last for 5-10 days. If the symptoms persist for more than one week, or if any other side effects develop, consult your healthcare professional as soon as possible.

If you experience extreme pain/discomfort post treatment, or discoloration of the area (pale/grey/mottled/unusual bruising) please contact the clinic immediately – 204-885-1419

Neuromodulator Post Treatment Instructions

(Botox Cosmetic™/Dysport)

- **DO NOT** rub or massage the treated areas for 24 hours after your treatment.
- **DO NOT** apply make-up for 4 hours after your treatment.
- **DO NOT** lie down or do strenuous exercise for 4 hours after treatment.
- Feel free to shower and go about most other regular daily activities.
- Results can take up to 14 days to take full effect. Please wait until at least 10 days has passed before assessing your treatment results.
- Please book your 2-week follow-up appointment to ensure your injector is able to understand how YOUR facial muscles reacted to your treatment.
- If you have any concerns / questions, then please contact our office at (204) 885-1419. We will be happy to help you or arrange for a follow-up assessment.
- Because BOTOX Cosmetic™ requires a special technique to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.
- BOTOX Cosmetic™ is a temporary procedure and at first, results will last approximately 2 or 4 months. Maintaining your Botox™ / Dysport may extend the duration of results.
- Your injector will want to see you between the 3 month and 4-month time period. They are able to create the best clinical results for you during this period. If you allow BOTOX Cosmetic™ to completely wear off it will be difficult for them to be able to see how your individual muscles reacted and therefore optimal results are harder to achieve.

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THE FIRST GLANCE AESTHETIC CLINIC & SURGERY CENTRE