

# Your Botox® and Filler Procedure

**BOTOX® Cosmetic** is injected into muscles and used to temporarily improve the look of crow's feet lines and frown lines. Results are observed in a few days with full effect in 7 days, typically lasting 3-4 months.

**Fillers** are typically natural substances found in our bodies. They are well suited to plump thin lips, fill facial creases and may also be appropriate for some surface wrinkles. The results last 6 months or longer. With repeated injections, the product results may last longer and less volume is required.

Non-surgical rejuvenation treatments do not stop the aging process, but may help delay the time at which a facelift becomes more appropriate. If you wish to change the elements of your face, surgery such as a facelift, brow lift or eyelift may be the answer.

## Before treatment

1. Avoid using aspirin, nonsteroidal anti-inflammatory medications (such as ibuprofen), St. John's wort, vitamin E supplements and fish oil for 10-14 days before treatment. These agents may increase bruising and bleeding at injection site.

## After treatment

1. Use cold compresses to reduce swelling for 10-15 minutes.
2. No heavy exercise or straining for 2 days.
3. Avoid touching the treated area for the first six hours following treatment so you do not accidentally injure your skin while the area is numb (may apply make-up the following day). After six hours, the area can be gently washed with soap and water.
4. You might have some swelling, redness, pain, bruising and/or tenderness. These are typically mild in severity and normally last less than 7 days in nasolabial folds and less than 14 days in lips.
5. Can take antihistamine for first 24 hours.
6. Seek medical attention if you experience general muscle weakness or difficulty swallowing or breathing. This may occur even weeks later, but is very rare.
7. Please follow up in 2 weeks/\_\_\_\_\_.

*Please contact our office with any questions or concerns.*



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