

# Post Treatment Instructions – Med Spa

Maximize your cosmetic results after Botox Cosmetic, Dysport, hyaluronic acid (Restylane, Juvederm), collagen, Evolence, Radiesse, Sculptra, or injectable filler treatment by following these basic post-treatment instructions. Please contact Dr. Chaboki with any questions.

## General

- Numbness, bruising, slight redness, swelling, tenderness, or itching sensation around the treated area is common
- No smoking or alcohol, at minimum 24 hours
- No aspirin, ibuprofen, Motrin, Advil, or similar anti-inflammatory medication
  - Other blood thinners, such as Coumadin or Plavix, must also be discontinued, under the guidance of your primary care physician. Dr. Chaboki will advise you when you may resume taking these medications, which may be a few days.
- No herbal medications, supplements, or teas.
  - Herbals with an increased risk of bleeding include, but are not limited to Vitamin E, garlic, ginger, ginkgo, ginseng, kava, and St. John's Wort

## Diet

- No restrictions on specific type of food or drink. Drink plenty of fluids.
- No gum chewing

## Activity

- Sleep with your head elevated for the first 48 hours, to help reduce facial swelling
- Do NOT blow nose
- Avoid sneezing. If unable to avoid sneezing, then sneeze with your mouth open
- Do NOT bend over or hang your head down
- No heavy lifting, straining, or strenuous activity for at least 2 weeks, depending on the specific treatment
- Avoid any other facial treatments, including microdermabrasion for 48 hours

## Treatment Area Care

- Ice over treated area helps reduce facial swelling
- Do not rub the area
- Gently pat the area dry with a clean towel. Do not rub.
- Avoid direct sun exposure. You may resume sunscreen over the area immediately.
- Make-up may be used immediately following the procedure

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to Dr. Chaboki about medications that may minimize a recurrence.

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*Specializing in rhinoplasty (nose job surgery), face lift, neck lift, blepharoplasty (eyelid surgery), brow lift, Botox, facial fillers, and skin care for Washington DC, Maryland, and northern Virginia.*