

Advice After Botulinum & Filler Treatment



Ali Q
Ear | Nose | Throat | Facial Aesthetic Surgery

General Aftercare Post Treatment with Botox and Dermal Fillers

- Avoid touching and rubbing and make-up to the treated areas for 4 hours
- Avoid extreme heat/cold for up to 1 week post treatment
- Abstain from Alcohol, heavy exercise for 24 hours
- Stay out of Sunlight/UV radiation until redness and swelling has resolved.

After Botox treatment

- You may find it helpful to apply iced gauze to the treated area
- Treatment normally takes 2-4 days to start to take effect. 10-14 days to reach full effect.
- Do not rub, massage, apply make-up the treated areas for at least 4 hours after treatment
- Botox treatment lasts for approximately 3-6 months, depending on the treatment.

After Dermal Filler Treatment

- You may find it helpful to apply iced gauze to the treated area
- Treatment is immediate but can take up to 14 days to settle
- Do not rub, massage, apply make-up the treated areas for at least 4 hours after treatment
- Dermal fillers can last anything between 6 -18 months

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