



POST CARE INSTRUCTIONS

- Avoid excessive sun exposure, alcohol, or exercise for 48 hours after your procedure
If needed, take Arnica, Tylenol and/or an antihistamine
(avoid aspirin products)
- Avoid any facial treatment involving chemicals for at least one week after injections of any kind
- Avoid laser treatments directly over the injected product for up to 30 days post treatment
- Allow up to six weeks for any lumpiness in lips to subside after augmentation
- Apply ice packs to help alleviate inflammation and swelling as needed
- Do not massage treated area (only if directed by practitioner)
- Schedule a two week follow up appointment to check for unevenness of treated area
(all touch-ups are charged regular price)
- Avoid tight headwear for up to four hours post neurotoxin treatments
- Stay in upright position for at least 4 hours after procedure
- If you received fillers be sure to sleep flat on your back with a neck support so you don't lie on your side compromising the area treated

If you have an injection related emergency, call ***Kristy @ (801) 592-2597***