



PATIENT INSTRUCTIONS

Filler/Skin Boosters/Profhilo Post Procedure Care

DO NOT MASSAGE OR MANIPULATE INJECTED AREA



24
Hours

Do not massage or manipulate injected areas for 24 hours after injections. Washing your face and applying make-up is fine.

REFRAIN FROM AEROBIC EXERCISE



24
Hours

Refrain from aerobic exercise that increases your heart rate significantly (running, swimming, bicycling) for 24 hours following injections. Walking or other low impact forms of exercise are fine.

DO NOT RECEIVE FACIAL/ LASER TREATMENTS



10
Days

Do not receive facial/ laser treatments or microdermabrasion after Botox injections for at least 10 days.

REFRAIN FROM USING IBUPROFEN, ASPIRIN



24
Hours

Refrain from using ibuprofen, aspirin, fish oil supplements, or vitamin E for 24 hours following injection



DO NOT WEAR A HEADBAND OR HAT



Do not wear a headband or hat if you have had injections between the brows or in the forehead

APPLY ICE TO BRUISING AREA



15
Mins

If bruising appears, apply ice to the area for 15 minutes every hour to decrease bruising