



Post-Care Cosmetic Dermatology Instructions

Botox & Dermal Filler Treatments:

You may apply an ice pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.

Do not rub or massage the treated area for a minimum of 4 hours following treatment.

If you have had a botox treatment, do not lie down or engage in strenuous activity or exercise for a minimum of 4 hours.

Avoid extended UV exposure until any redness or swelling has subsided. Be sure to apply SPF 30 or higher sunscreen.

You may take Tylenol if you experience mild tenderness, discomfort or headache following your treatment.

Do not use a sauna, hot tub or steam room for 24 hours following treatment.

Avoid drinking with a straw, kissing, smoking, wearing lipstick other than lip balm, or biting into hard foods such as apples for a minimum of 24 hours after lip procedures.

If you've had a dermal filler treatment, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Do not receive facial, microdermabrasion or laser treatments after your procedure for at least 14 days. Ask the doctor if you are not sure about the time frame of certain services.

Results of your treatment may take up to 14 days for the full effect. Please wait 2 weeks before booking a touch up.

Contact us IMMEDIATELY to be assessed if you begin to experience signs of infection such as increasing warmth, pain, redness or pus, fever, cold sores, rash, blistering, increasing pain, bluish or white discoloration, severe swelling or itching.

Microneedling & PRP Treatments:

You may experience redness, minor bruising, swelling around the eye area, itching, burning or stinging, and acne breakout for 1-3 days after your treatment.

Do not touch your treatment area for a minimum of 4 hours after your procedure.



If your skin feels dry and/or tight, you may apply hyaluronic acid after the initial 4 hours.

Change your pillowcase the day of treatment, and wipe down your phone and/or glasses with alcohol.

You may wash your face the day after treatment, but it is recommended that you wait a full 24 hours before wearing makeup. Make sure it is mineral based makeup that does not contain any oils.

If you have had PRP hair restoration, please wait until the following day to wash your hair/scalp.

Avoid sweaty exercise, saunas, steams and sun exposure for 72 hours after your treatment. Be sure to wear SPF of 30 or higher.

Avoid any skin care products that contain active ingredients for at least 72 hours after your treatment.

Do not receive facial, microdermabrasion or laser treatments after your procedure for at least 14 days. If you have had PRP hair restoration please wait for a minimum of 14 days before having another scalp/hair treatment. Ask the doctor if you are not sure about the time frame of certain services.

Contact us IMMEDIATELY to be assessed if you begin to experience signs of infection such as increasing warmth, pain, redness or pus, fever, cold sores, rash, blistering, increasing pain, severe swelling or itching.