Regency Medical Spa

POST-FILLER CARE

- Apply cool compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.
- Expect treated areas to be red, slightly swollen, and bruised, for the first 2-5 days.
- You may take acetaminophen (e.g., Tylenol) if you experience any mild tenderness or discomfort.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities and routines immediately.
- AVOID hot showers or saunas for 6 hours after treatment as they can worsen bruising.
- You may continue taking Arnica supplements, apply topical Arnica gel, or try eating fresh pineapple and/or take Bromelain supplements as these may help alleviate bruising.
- Bruising may be covered with make-up.
- AVOID aspirin, ibuprofen, and all supplements above if okay with your physician for 1 week, as they may increase your potential to bruise.
- Wait a minimum of 2 weeks before receiving any facial or massage treatments.
- If you have any questions or concerns, or experience an unexpected reaction, please call us immediately.

Botox/ Dysport/ Xeomin Post-Treatment Instructions

- You will have little bumps at the injection sites after treatment. This is normal and will usually dissipate within an hour.
- Do not massage or put any pressure on the treated area for 4 hours (including tight hats, lying face down on a massage table, etc.)
- Keep your head above your waist for 4 hours
- Do not exercise for 4 hours
- Do not lay down for 4 hours
- Avoid saunas for 4 hours
- If you experience bruising, apply arnica cream to the area to speed up healing.
- Your treatment can take up to 10 days to take full effect. If you have not achieved your treatment goals within 14 days, please schedule a follow up appointment with your provider.
- Some patients experience mild side effects such as headache, which usually resolves within a few days.

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