

## Aftercare Instructions for Botulinum Toxin Treatments (Botox, Dysport, Xeomin)

To achieve the optimal outcome we would recommend:

- Don't rub the treated area today - no facials, massages or pressure to the treated area
- Don't apply make up for 4 hours - although unlikely it can increase the risk of infection
- Stay upright for 4 hours post treatment and try to sleep on your back the first night
- No alcohol or exercise for the rest of the day
- For any pain we'd suggest paracetamol; anti-inflammatory medications like aspirin or ibuprofen are not recommended
- For any small bruises hirudoid or arnica can speed the resolution

Treatments take up to 14 days to take full effect. If after two weeks you would like a "top up" this can be assessed and extra product injected to the area if necessary



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## Aftercare Instructions for Dermal Fillers

To achieve the optimal outcome we would recommend:

- Bruising can occur and after the local anaesthetic wears off you may feel tenderness. Ice can be applied to help reduce pain and swelling. Hirudoid or arncia cream can help resolve a bruise
- Paracetamol is recommended for any pain
- Avoid makeup (including lipstick or lip gloss) for the rest of the day to reduce the risk of infection
- Don't rub the treated area for a week- no facials, massages or pressure to the treated area
- If you have a history of cold sores we recommend famciclovir (ask a local chemist) to reduce the likelihood of an outbreak after your treatment

If at any point you notice significant pain greater than what is expected, white or patchy discolouration at or near the site of injection or any changes to vision or other significant concerns please contact the treating nurse immediately.

**If outside of hours, please contact  
1300 377 437 & speak to our after hours nurse.**



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