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Aftercare:

For all procedures involving injections, stay out of the sun and wear sunscreen for at least one week (two weeks for fillers) to prevent pigmentation at site of injection. Avoid using makeup for at least 12 hours after procedures and avoid touching injected area until injection sites have healed (12 hours). Avoid skin care products for 24 hours and postpone dental procedures for at least 2 weeks after treatment.

Bruising: Ice for first 48 hours, then alternate between heat packs and cold packs every 15 minutes. Avoid exercising x 3 days as the pressure can increase the size of bruises. Good coverups: Cover FX, Kat Von Dee, Dermablend, Makeup forever. We can also treat bruises at our office with lasers at 24 to 48 hours after procedure.

Swelling: Stay upright as much as possible, avoid exercising, use ice packs, and take allergy medications such as Benadryl (at night as it causes drowsiness), and either Claritin, Zyrtec, or Allegra in daytime. Advil/Alleve may be helpful as anti-inflammatories but can increase risk of bruising. The most effective medication for swelling is oral steroids. Please call us for a prescription if necessary.

Botox: Do not exercise, lie down, or bend over for 4 hours. Only if fillers were NOT injected in the same area, move the muscles that were treated with Botox/Dysport 2 times every 15 minutes for 4 hours as follows:

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| 0 Frown for frown lines | 0 Make a bunny nose for bunny lines |
| 0 Smile or squint for crow's feet | 0 Purse your lips for lipstick lines |
| 0 Raise your brows up for forehead lines | 0 Tighten neck for neck lines |
| 0 Make a sad face for downturned lips | 0 Tighten chin for chin dimples |
| 0 Shut eyes tight for brow lift | 0 Bite down for TMJ/jaw treatment |

Fillers: Do NOT move/touch the area injected unless instructed to do so. Fillers can move out of place, especially in the first 3 days after treatment- please be gentle with your newly injected filler. Exercise can increase swelling and bruising in the area for 3 days. Temporary asymmetry is very common in the 1st two weeks due to uneven swelling. Usually, one area feels more firm than the opposite side- this is NOT due to filler volume as fillers are soft. The firmness is due to effusion (irritated tissue). Please wait 2 weeks to allow all swelling to go away before doing any touchups. You may create asymmetry if you attempt correction before swelling has subsided. After 2 weeks, please call us if there's any persisting asymmetry or nodules. Most filler products are instantly reversible and/or fillers can be added to achieve even results. **Sculptra:** Massage the areas injected for 5 minutes, 5 times a day, for 5 days.

****Fillers can block vessels directly or through pressure created by the swelling. Call us immediately at (818) 322-0122 if one side hurts more than the other, the level of pain is greater than 5 (0-10), or if you notice any skin changes such as blue tint (not bruise), white discoloration (blanching) , or pimples/"dots". Dr. Soleiman is reachable 24/7****

Lips: Try not to talk/purse lips too much as nodules can form. If nodules do form, use your index finger and thumb to roll the nodule until it flattens back down. Please call us if you need cold sore medication.

Under-eyes: Do NOT smile, wear glasses, or rub the area for at least three days. Goggles are discouraged indefinitely. Swelling in this area is common- please call our office for steroid medication to be called in if necessary. Over time (usually about a year), the product may move superficially toward the skin and cause a protrusion or a blue tint. This would be a good time to come back in to remove the remainder of product and reapply for optimal results.

Cheeks: Try to sleep on your back as to not flatten the injection.

Smile lines: Avoid deep smiles for 3 days.