



THE INSTITUTE FOR
ADVANCED BREAST RECONSTRUCTION

Botox and Dermal Filler After Care Instructions

Post-Treatment Botox

- Do NOT manipulate the treated area for 3 hours following treatment.
- Do NOT receive facial / laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.

Post-Treatment Dermal Filler

- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.

FOLLOW-UP:

You should have a follow up appointment arranged and reflected on your patient portal for Kareo. If you can't locate the information online, please call our office (818) 336-1295.

Thousand Oaks Office Location:

415 Rolling Oaks Drive, Thousand Oaks, CA 91356
(Suite 220, 2rd Floor)
Parking outside, free.

Santa Monica Office Location:

1260 15th Street, Santa Monica, CA 90404
(Suite 1109, 11th floor)
Attached garage, parking fees apply.

Please call the office (818.336.1295) if you have any of the following symptoms:

- Fever higher than 101° F
- Sudden and rapid swelling at the injection site
- Bleeding or bruising you believe to be excessive
- Persistent nausea/vomiting or inability to keep fluids down
- Pain not controlled by prescribed medications
- If you have any questions or concerns

Dr. Srinivasa is available by email for all non-urgent questions or concerns. Her email address is IABRconcierge@gmail.com

After hours and on weekends, in the case of urgent issues, please call 818.927.0267