

Congratulations on your aesthetic treatment!

We are so excited that you are taking this time for yourself! To ensure a smooth recovery, it is important to carefully follow the adjacent pre- and post-treatment instructions.



Avoid aspirin and related pain medications, as well as Vitamin E & fish oil, for 1 week prior to decrease bruising.



The injection “bumps” subside within 20 minutes.



You may take Tylenol or ibuprofen if you have a headache.



Do not massage or manipulate the injected site for 4 hours.



If possible, stay in an upright posture, do not lie down, exercise, or get overheated for at least 4 hours.

What is a neuromodulator?

It's a non-surgical injection that softens the lines between your brows, next to your eyes, and even around your lip.

Dr. Saluja also uses Botox to relax chin dimpling, and along the jawline and neck or for subtle jawline and neck rejuvenation.

The goal is to look refreshed and less angry, less tired, and/or less sad. “Sprinkles of Botox” can be used for prevention of wrinkles or a subtle refreshed look.

When will I start to see the results and how long will the effects last? You should begin to see improvement within a few days, but sometimes, optimal results can take up to 2 weeks to be seen. The effects of Botox, Dysport, Xeomin or Jeuveau last up to 3 months. The effects of Daxxify last up to 6 months. When the effects wear off, Botox, Dysport, Xeomin, Jeuveau or Daxxify injections are repeated.

Will I experience any side effects? There are no known permanent side effects, only temporary ones. You may notice bruising at the injection sites. This can be covered with makeup. Forehead line injections cause brow heaviness in some patients. Sometimes, other facial lines or normal facial veins appear more prominent when treated lines are improved. Other less common side effects are injection site discomfort, headache, injection site numbness or dullness, muscle twitching or asymmetry, temporary eyebrow/eyelid droop (1-2%), double vision (very rare), flu syndrome (very rare), and nausea (very rare).

Will my facial expressions look unnatural? The goal is to not radically change your facial appearance. Sometimes, adjustment injections are necessary at 1-2 weeks after your initial treatment. Customizing your treatments so that they are optimal for you means giving us the opportunity to adjust the injections over time based on your results and what you liked or didn't like about them. And, remember, we are all asymmetrical so our sides do not exactly match.

What else helps? For best results, fillers and at home skin care complement Botox treatments. We recommend applying anti-oxidant (vitamin C 15-20% serum), retinoid (Renova), and eye creams (Alastin Restorative) to the treated areas and other areas of the face to reduce fine wrinkles and improve elasticity. Consider purchasing these to augment results. Performing complexion enhancing treatments such as chemical peels or laser resurfacing also helps - We are honored to discuss these with you.

Congratulations on your aesthetic treatment!

We are so excited that you are taking this time for yourself! To ensure a smooth recovery, it is important to carefully follow the adjacent pre- and post-treatment instructions.



Tell us if you have a history of cold sores if we are treating around the mouth or lips. You will need an anti-viral medication (Famvir 500mg twice a day for 3 days).



Come to your appointment with a makeup-free clean face. Avoid makeup, skin care products, exercise, extreme cold or heat, and airline travel for one day post treatment. Then, resume normal activities. Avoid dental procedures and vaccinations for two weeks before and after treatment.



Avoid blood thinners—aspirin, fish oils, ibuprofen/Advil/Aleve—for one week prior to injection. Also, minimize alcohol intake, green tea, herbal/antioxidant supplements, and vitamin E as these can thin the blood and cause more bruising.



Do NOT massage the area (unless Sculptra®—then 5 minutes/5 times/5 days). Minimize touching the areas treated and reduce facial expressions for the first day. It is ok to gently wash before bed time.



You may take homeopathic Vitamedica Arnica with Bromelain 3 tablets three times daily for 3 days prior to treatment as well as 3 days post treatment to reduce bruising and swelling. If you prefer Arnica cream, please apply this three times daily until bruising subsides

If you experience worsening pain, fever blisters/cold sores or white discoloration other than bruising after your treatment, advise us immediately by calling 321-241-1160.



For your more motivated patients, we also recommend taking antihistamine the evening after treatment. In addition, we recommend Alastin Hydratint to help camouflage the skin. Alastin Inhance post injection serum can be applied post injection for reduced down time, as well.



It is NORMAL to have bruising and swelling in the first few days and up to 1-2 weeks post treatment. Rarely, prednisone 20mg tablets are given to take with breakfast and lunch until swelling subsides. In rare cases of severe bruising, please call to see us the next day for complimentary laser treatment of your bruise. We are happy to help!



It is normal to see asymmetry or feel “firmness” or “bumps” in your injection area for up to a few weeks after treatment. Over time, the areas will soften, leaving you with a natural-looking result. Please call us if you are concerned.



It is normal to feel some soreness in the treatment area. Arnica will help relieve that. Please call to be seen if you have significant pain, blanching, mottling, blisters, or a scab or sore.

PLEASE NOTE

Swelling is to be expected for the first week. We recommend:

1. Avoid placing ice on the treated area. This can increase the overall swelling after treatment.
2. Take an antihistamine the evening after treatment (Benadryl, Claritin, Allegra).
3. Avoid airline travel for 1 to 2 days and vaccinations and dental appointments for 2 weeks.