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## Facial Injectables / Neurotoxins

### Post-Treatment Instructions

- Immediately after your procedure and for at least 4 hours, do not lie down, massage, or press areas that have been injected.
- Immediately after your procedure and for at least 24 hours, you should **avoid** the following:
  - a) Strenuous Exercise
  - b) Sun exposure/heat exposure/tanning
  - c) Alcoholic beverages
  - d) Extreme cold temperatures
- Gentle application of an ice pack or cold compress to the injection area(s) after treatment may help reduce swelling.
- Makeup may be applied shortly after treatment using a gentle application.
- 48 hours after your procedure you may begin adding Gingko biloba, garlic, flax oil, cod liver oil, Vitamins A, E, and any other essential fatty acids.
- Do not use a clarisonic cleaner or its equivalent for at least 7 days after the procedure.
- If laser treatment, chemical peels, or any other procedure is considered after treatment, the risk of eliciting any inflammatory process may be possible. Consider such treatments 1 week before or 2 weeks after filler is done.

If you experience an increase of pain, not controlled with ibuprofen, the injection areas become hot and red, or lumps form in the injection areas please call Dr. Angela Lee at (201)568-8600 or (212)682-6802.