

South Coast Dermatology

Susan DeCoste, MD Teresa DeGiacomo, MD Heidi Anderson-Dockter, MD
Phone: 781-335-9700 Fax: 781-335-9709

Botox/Dysport Post Care:

- Do Not Lie Down for 4 Hours
- Work the treated areas by wrinkling the forehead or frowning for 1-2 hours, DO NOT TOUCH AREA
- Do Not Exercise (running, aerobics, weight lifting, etc.) for 12 hours
- No Aspirin or Ibuprofen for 24 hours
- Avoid airplane flight for 24 hours
- It will take 3-7 days for the full effect to be achieved. If you are not sure the Botox injection has fully worked, please call the office after 7 days for a re-check.

Restlyane/Perlane/Juvederm/Voluma Post Care:

- Avoid strenuous exercise, extensive sun or heat exposure, and alcoholic beverages for a few days.
- Ice areas treated every hour for 10-15 minutes to help prevent/minimize bruising.
- Avoid applying makeup for remainder of day.
- Redness, Swelling and/or Itching, Bruising or Discomfort at the injected sites may occur. This will resolve within a few days of the treatment and within 1 week for bruises. Be sure to call the office if any redness and/or visible swelling that last more than a few days.
- Beading or Lumpiness of the material in the skin can last for a few days. Do not try to smooth it out. Please contact office for the doctor to address if this lasts longer than 2 weeks.

Sculptra

- Massage the treated area 5 minutes, 5 times a day, for 5 days
- Within the first 24 hours apply an icepack (avoid putting ice directly to the skin) to the treatment area to help reduce swelling.
- You may apply make-up a few hours after your Sculptra Aesthetic treatment if no complications are present (example: open wounds or bleeding)
- Report any worsening or longer-lasting signs and symptoms to your physician.

Kybella

- After the treatment, ice the treated area a couple times a day
- Treated areas may be red, inflamed, swollen, and bruised for the first 2-7 days.
- You may resume all normal activities include exercise as long as it is comfortable for you.
- Take ibuprofen, motrin, or advil if needed for discomfort after the treatment.
- If bruising occurs, apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.