

Post-Treatment Instructions: Denervation Injections (BOTOX) AND OR JUVEDERM

Injection therapy to correct and prevent expression lines and treat other facial conditions is a non-invasive, in-office treatment. The following instructions are your obligations. Included are normal experiences and observations of treatment.

FOLLOWING YOUR TREATMENT

Whether this is your first treatment with a denervating agent, or a subsequent treatment, following these instructions precisely.

- Do not bend over or lay flat for a minimum of 4 hours following treatment.
- Do not rub, massage or apply pressure to the treated region for a minimum of 4 hours after treatment. This included applying make-up, facial cleansers or cream, or wearing a hat, scarf, headband or any other garment or accessory that may put pressure on the treatment region.

The following are normal experiences that can occur following treatment:

- Tenderness or a mild bruising at the injection site.
- A mild headache, or the absence of headache.
- Although very rare, there is the potential to experience mild flu-like symptoms.
- Asymmetry is possible: Opposite sides of your face, and different facial regions may react at different times to treatment. This is normal. If asymmetry is not corrected within 7-10 days following your injection, contact Dr. Gracia's office immediately; your dosage may need to be adjusted.

To alleviate any discomfort, and to reduce potential swelling you may gently, and without pressure, apply cool, not cold compresses to the treatment site. Crushed ice or ice packs must be wrapped in a towel before being applied to skin. Do not apply ice or anything frozen directly to the skin. Apply cool compresses for no longer than 20 minutes intervals.

IF THIS IS YOUR FIRST TREATMENT:

You may or may not be instructed to contract the muscles in the injected area several times in the following few days. Follow the instructions you are given.

The denervating agent will begin to take effect within 3 to 6 days following treatment. If your ability to contract treated regions is not restricted within 7 to 10 days following treatment, contact Dr. Gracia's office immediately. Your treatment dosage may need to be adjusted.

Your first treatment will inhibit your ability to make certain expressions, and will soften and relax the associated expression lines. However it may take several treatment cycles to diminish deeper expression lines.

IF THIS IS A SUBSEQUENT TREATMENT:

The denervating agent may take affect more quickly than in the past. Your results may not be consistent with each treatment you have had in the past. This means that you may or may not experience similar post-treatment symptoms such as swelling or tenderness at the injection sites. This is not an unexpected or uncommon occurrence.