



Injectables Post-Treatment Instructions

- Avoid any strenuous activity for the remainder of the day of your appointment.
- Avoid rubbing or putting pressure on any of the areas that were injected.
- Wait two weeks before any facial treatments, dental work, or massages that require you to be face down.

To decrease any swelling, you may:

- Gently apply a cold compress to treated areas.
- Sleep face up with head slightly elevated.