



# San Diego IV

## *Aftercare Instructions*

Thank you for being a client of mine! Should you have any questions about these after-care instructions, or have any questions or concerns regarding your treatment, please feel free to reach out at (858) 247-2688 or email [rose@sdivservice.com](mailto:rose@sdivservice.com).

**If you are experiencing difficulty breathing, or if you feel that you may be experiencing another life-threatening reaction to a treatment, please call 911 or go to the nearest emergency department immediately. Please do not rely on electronic communications for assistance regarding your life-threatening or otherwise emergent medical needs.**

It's important to remember that you have full control of your aftercare. What you choose to do in the days following your treatment will have a direct effect on the results and success of your treatment! For the best results and to decrease the risk of an adverse reaction from occurring, please follow the recommendations below!

### *Botox*

- ★ Please remain upright for the first 4-6 hours after your treatment (no bending over forward, no laying down).
  - Mild reclining to relax is okay!
- ★ For the next 24 hours after treatment, please avoid strenuous exercise that produces sweating or facial flushing. This is to ensure maximum efficacy of the Botox injected, and helps to prevent the Botox from migrating to other surrounding muscle groups that may produce aesthetically displeasing outcomes.
- ★ Treat the injection areas gently over the next 2-3 days, and do not apply heavy pressure to the treatment areas as you go about your normal skincare routine.
  - Please also be sure to avoid vigorous scrubbing, exfoliation, massages, or facials over the next 1-2 weeks!

- ★ Although I make every effort to prevent patients from bruising, **mild bruising is sometimes unavoidable when delivering Botox injections.** Bruising and swelling is expected to resolve within 1-2 weeks. In the meantime, please use makeup to cover any bruising, and think of a great story to tell!
- ★ If you develop soreness or mild headaches for a couple days after your Botox treatment, this is normal and likely due to being poked by a needle. Please feel free to gently apply a cold compress for about 5 minutes at a time and/or take over-the-counter Tylenol (unless you have any underlying medical conditions that prevent its use) as directed for pain.
  - Arnica, in a cream or gel form, is also a great option to help alleviate pain, redness, soreness, and swelling!
- ★ Avoid exposing your skin to high heat for the next 24 hours (ie, saunas, steam rooms, hot tubs, hot showers, hot yoga sessions).
- ★ You may notice bumps under the skin where the Botox was injected. These will go away in the next few hours (1-2 days at most)! Please avoid rubbing or massaging these bumps.
- ★ If your skin is feeling dry and itchy after your treatment, use a heavy moisturizer such as Aquaphor, Vaseline, or pure petrolatum to alleviate this irritation! This is likely due to the alcohol that was used to clean your skin.
- ★ Feel free to exercise the treated muscle groups for up to an hour after your Botox treatment. Although I am not aware of any clinical studies to prove the effectiveness of this practice, it has been theorized that this could help the treated muscle groups with uptake of the Botox.
  - For example: raise your eyebrows up; furrow your brows together; and/or squint your eyes while smiling repeatedly.

## *Before your next Botox appointment*

- ★ Botox typically lasts 3-6 months, and this time frame varies based on various factors such as the amount of Botox used, facial anatomy, lifestyle, and metabolism, to name a few!
- ★ It's recommended that you stay consistent with your Botox treatments for the best aesthetic results.
  - It's a good idea to schedule your next Botox treatment before full return of muscle movement is seen!
- ★ In an abundance of precaution, **please avoid taking any blood thinners (NSAIDs, fish oil, alcohol, aspirin, etc.) for at least 1 week prior to your appointment and for at least 24 hours after your treatment** unless medically necessary. This is to help prevent unsightly bruising.
- ★ Please make sure you have eaten something within 2 hours of your appointment to help prevent lightheadedness.
- ★ Should you have a big event set on your calendar, please schedule your Botox treatment at least 2 weeks ahead of time so that you have ample time to heal and for the Botox to become effective!

- ★ As the patient, it is your responsibility to let the provider know of any changes in health, medications, or if you become pregnant and/or are breastfeeding prior to your next appointment!
  - Per practice policy, we do not treat any patients who are pregnant, may become pregnant, or breastfeeding under any circumstances.

## Fillers

- ★ For the next 24 hours after treatment, please avoid strenuous exercise and heavy lifting.
- ★ Please avoid any dental procedures and vaccinations for the next 2 weeks, unless medically necessary.
- ★ Treat the injection areas gently over the next 2-3 days, and do not apply heavy pressure to the treatment areas or manipulate/massage the filler as you go about your normal skincare routine.
  - Please also be sure to avoid vigorous scrubbing, exfoliation, massages, or facials over the next week!
  - If possible, try to sleep on your back with your head slightly elevated!
- ★ Avoid applying makeup over the treated areas for 3 days.
- ★ Although I make every effort to minimize bruising, **bruising is expected and often unavoidable when injecting dermal fillers.** Bruising and swelling is expected to resolve within 1-2 weeks. In the meantime, please use makeup to cover any bruising, and think of a great story to tell!
- ★ If your skin is feeling dry and itchy after your treatment, use a heavy moisturizer such as Aquaphor, Vaseline, or pure petrolatum to alleviate this irritation! This is likely due to the alcohol that was used to clean your skin.
- ★ For mild pain, swelling, or discomfort over the treatment areas, please feel free to gently apply a cold compress for about 5 minutes at a time and/or take over-the-counter Tylenol (unless you have any underlying medical conditions that prevent its use) as directed for pain.
  - Arnica, in a cream or gel form, is also a great option to help alleviate pain, redness, soreness, and swelling!
- ★ **If you had lip fillers done:**
  - Do your best to minimize moving your mouth/lips (drinking through a straw, playing a mouth instrument, or any other activities involving excessive use of the mouth/lips) for at least 1 week. This is to ensure the product does not migrate and cause any irregularities!
  - Swelling is the most noticeable the first 3-5 days, and **please anticipate that the swelling may not be symmetrical.**
    - You may try taking over-the-counter Benadryl at bedtime, and/or a non-drowsy Claritin/Zyrtec/Allegra during the day to help with swelling (unless you have any underlying medical conditions that prevent its use)!
  - You may also feel firmness and lumpiness following your treatment. Please rest assured that your lips will soften after the first week and feel much more natural!
  - Avoid using lip cosmetics the first 3 days.

## *Before your next filler appointment*

- ★ Juvederm Ultra and Revanesse Versa typically lasts around 4-6 months or longer; Voluma typically lasts 9-12 months or longer. This time frame varies based on various factors such as the amount of filler used, facial anatomy, lifestyle, and metabolism, to name a few!
- ★ In an abundance of precaution, **please avoid taking any blood thinners (NSAIDs, fish oil, alcohol, aspirin, etc.) for at least 1 week prior to your appointment and for at least 24 hours after your treatment** unless medically necessary. This is to help prevent unsightly bruising.
- ★ Please make sure you have eaten something within 2 hours of your appointment to help prevent lightheadedness.
- ★ Should you have a big event set on your calendar, please schedule your filler treatment at least 3-4 weeks ahead of time so that you have ample time for any bruising or swelling to subside!
- ★ As the patient, it is your responsibility to let the provider know of any changes in health, medications, or if you become pregnant and/or are breastfeeding prior to your next appointment!
  - Per practice policy, we do not treat any patients who are pregnant, may become pregnant, or breastfeeding under any circumstances.

## *Microneedling*

- ★ Be diligent with sun avoidance for 2 weeks. This includes wearing hats while outdoors, even if exposed to sun for a very short period of time (ie, walking to your car from the store).
- ★ After the first 3-5 days, apply a physical sunscreen (titanium dioxide, zinc oxide based sunscreens) when outdoors as your skin tolerates.
  - Chemical sunscreens should be avoided the first two weeks (those that contain avobenzone, octinoxate, oxybenzone) as these ingredients may irritate the skin.
- ★ Use a gentle, non-medicated creamy cleanser without exfoliating beads.
  - Neutrogena Ultra Gentle Daily Cleanser is a good choice.
- ★ Do not use any "active" skincare products for the first 2 weeks. These includes BHAs (salicylic acid), AHAs (glycolic acid, lactic acid, mandelic acid), retinols/retinoids, vitamin C, benzoyl peroxide, or any medicated product.
  - Hyaluronic acid is okay!
  - Once your skin has healed, slowly re-introduce any active products one at a time. Use your best judgement.
- ★ Avoid the use of makeup after treatment for the first 3 days. Dirty makeup brushes may irritate the skin and lead to bacterial skin infections.

- ★ For any redness, itching, swelling, or discomfort, apply a clean ice compress as needed.
  - Ibuprofen and anti-histamines are also okay as long as they are usually well-tolerated.
- ★ Avoid any vigorous exercise for the first 3 days. Sweat may irritate the skin and also increase your risk for a bacterial skin infection.
- ★ Hydrate your skin generously. Your skin will feel dry and tight as it heals, along with some peeling. Apply a heavy moisturizer as needed and a heavy occlusive on top.
  - Moisturizer options: EltaMD Intense moisturizer, CeraVe healing ointment
  - Occlusives: Vaseline, Aquaphor, petroleum jelly

## IV Therapy

- ★ Please apply firm pressure to your IV access site for 2 minutes, then keep the pressure dressing on for about 20 minutes.
- ★ For mild pain, bruising, or swelling at the injection site (if any), please keep the arm elevated, apply a gentle cold compress, and avoid excessive use of the arm until the symptoms subside, usually within 24-48 hours!
- ★ It is encouraged to keep adequately hydrated for 24 hours after your IV therapy to help your body flush out any toxins, and avoid consuming alcohol if possible!
- ★ Rarely, other symptoms after an IV therapy session may occur, such as a mild headache, congestion, abdominal pain, diarrhea, or constipation. These may be signs of inadequate hydration post-therapy, and should resolve quickly with oral hydration.
  - These symptoms are not necessarily a bad thing; it may likely be a part of the detoxification process before your body flushes itself out naturally. In an abundance of precaution, if any of these symptoms become severe, please call 911 or go to the nearest emergency room.
- ★ If you experience warmth, pain, redness, swelling, or firmness over the IV access site that does not resolve over 12-24 hours with the recommendations above, please contact Rose at (858) 247-2688 or email [Rose@sdivservice.com](mailto:Rose@sdivservice.com) for further evaluation.

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