



Natalya Urovish M.D.

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Aesthetic Medicine & Skin Rejuvenation (516) 200-4821

BOTOX/FILLER POST-CARE INSTRUCTIONS

FIRST 4 HOURS

- Remain upright; do not lie down or bend excessively.
- Avoid touching, rubbing, or massaging treated areas.
- Perform gentle facial movements (optional).
- Avoid tight hats or pressure on treated areas.
- Avoid drinking through a straw or kissing if you got lip filler or filler around your lips.

FIRST 24 HOURS

- No strenuous exercise or sweating.
- Avoid alcohol consumption.
- Avoid facials, massages, or skincare treatments.
- Do not apply heavy pressure to treated areas.
- Avoid flying for 24 hours after filler.

24–48 HOURS

- Avoid saunas, steam rooms, and excessive heat.
- Avoid facials, massages, or skincare treatments.
- Avoid lying face-down or applying pressure during sleep.
- Mild swelling or bruising may occur.

14 DAYS

- **Avoid facials, massages, or skincare treatments.**

WHAT TO EXPECT

- Results begin in 3–7 days, full effect in 10–14 days.

- Temporary mild asymmetry may occur during onset.
- Small bumps at injection sites typically resolve quickly.
- Swelling and bruising may occur at botox and filler injection sites.

WHEN TO CONTACT THE OFFICE (516) 200-4821

- Difficulty swallowing, speaking, or breathing (rare), rash or allergic reaction. **If this occurs go to the Emergency Room.**
- Discoloration (very dark or whitening) of skin, numbness, tingling, visual changes, after filler. **If you are unable to reach the doctor go to the Emergency Room.**
- Severe eyelid drooping or asymmetry, visual changes.
- Persistent headache or unusual symptoms.
- Signs of infection (increasing redness, warmth, pain).
- Bumps that are very tender or if they are hard
- If filler migrates and you feel lumps.

For any questions of concerns, please: Call the office at (516) 200-4821