

Looking for ways to look and feel younger? Injectables can minimize wrinkles, add fullness to lips, soften creases and improve the appearance of recessed scars. Simple and quick, Botox and dermal fillers are great ways to turn back time on your skin.

HOW DO INJECTABLES WORK?

With just a simple injection, Botox® is injected into a muscle, reducing the activity that causes lines to form. Dermal fillers, on the other hand, restore volume and fullness to the skin to correct facial wrinkles and folds, such as the lines from your nose to the corners of your mouth.

WHAT ARE THE ADVANTAGES OF THIS TREATMENT?

Injectables are a safe, effective treatment for many conditions and they involve no downtime.

WHAT AREAS CAN BE TREATED?

Injectables can treat many areas—frown lines between the brows, crow's feet, smile lines (aka marionette lines on the sides of your mouth) or those vertical lip lines often seen on smokers. Injectables can also lift brows and enhance areas such as lips, cheeks, frown lines and scars. The possibilities are endless with injectable treatments.

HOW DO I PREP FOR THE PROCEDURE?

Besides your initial consultation, there isn't a lot of preparation. We strongly suggest you avoid alcohol and aspirin. But, go ahead and take Arnica tablets, found in a natural foods store, to help prevent unwanted bruising.

WHAT SHOULD I EXPECT DURING THE TREATMENT?

During the session a series of injections are administered to the treatment area. For Botox, no anesthesia is required. However, your provider may numb the area with a cold pack or anesthetic cream. Discomfort is typically minimal and brief. Many

dermal fillers include lidocaine for increased comfort.

WHAT KIND OF RESULTS SHOULD I EXPECT?

Immediate results are usually seen with dermal fillers, with continued improvement over the following few weeks. Botox can take up to two weeks to see the full effect. Some bruising or swelling may occur but is temporary.

IS IT SAFE?

Dermal fillers are made of hyaluronic acid which is naturally formed in your body, so no allergy testing is required. However, as with any skin treatment, there are always risks to consider. Side effects are rare and generally temporary. Your specific risks are discussed during your consultation.

WILL MORE THAN ONE TREATMENT BE NECESSARY?

While injectable treatments are long lasting, they are temporary. Your first Botox treatment will probably last around 3 months; dermal fillers last 6-12 months on average. As with all of our services, talk to your provider about your individual treatment plan.

Call 727-726-6100 to schedule your complimentary consultation!

NOTES:

REDBAMBOO MEDI-SPA 727.726.6100

INJECTABLES AND FILLERS FAQ & AFTERCARE INSTRUCTIONS

IF YOU HAVE JUST RECEIVED BOTOX COSMETIC:

- Remain upright for the next four hours. In particular, do not lie on your side or bend over.
- Exercise the muscles injected by contracting them every 15 minutes or so for the next 4 hours.
- If you would like, you may apply make-up immediately after receiving Botox.
- You may begin to see some results in 4 or 5 days but it usually takes up to 2 weeks for the full effect to occur.
- Some minimal asymmetry is common particularly with an eyebrow lift. It can easily be adjusted. If you have some asymmetry, please return so that we can correct it.

IF YOU HAVE JUST RECEIVED DERMAL FILLERS:

- For the next several hours you may gently apply an ice pack to reduce swelling and bruising. Wrap the ice pack with a washcloth so that ice does not come into direct contact with your skin.
- If you feel that there are some areas of lumpiness, swelling or asymmetry, do not rub, press or attempt to mold the areas. Allow a few days for the swelling to resolve and then come back in for the physician to adjust the shape of your fillers for you.
- Try, if possible, to sleep on your back for the next few nights rather than your side. If you must sleep on your side, use several very soft pillows.
- If you have had fillers in your lips, limit movement of your lips for a few days. In particular, avoid smoking, drinking through a straw or visits to the dentist. If you have had fillers in your cheeks, avoid placing your face in a massage cradle for about two weeks.
- Some redness and bruising is common after fillers. Do not be alarmed. It will resolve. If you would like, you may apply make-up immediately.
- Some areas may be a little swollen for a few days. Other areas may continue to "plump" for up to two weeks. Allow about two weeks for the final result to take effect.
- Avoid sunbathing, UV exposure or chemical peels for at least two weeks. Avoid laser or Intense Pulsed Light (IPL) treatments of the face for about four weeks.

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