



BOULDER VALLEY
Laser & Cosmetic

Botox and Filler Post-Care Instructions

At Boulder Valley Laser and Cosmetic, we strive to always provide our patients with the necessary information to implement optimal safety and get the best possible results with all our treatments. While performing any of our injections, we practice aseptic/sterile technique to help prevent contamination or infection from occurring. While we use this method during the injection, there are steps you can take at home after your appointment to help prevent infections, and ensure you receive the best possible results. Also, if you are pregnant or are breastfeeding, you are not a candidate for injectable products and procedures.

Post Injection: Botox

- Do not use makeup for 12 hours after injection.
- Do not use skincare products for 24 hours after injection.
- Do not manipulate the treated area for 24 hours following the treatment.
- Do not lie down for 4 hours after receiving Botox.
- Do not participate in vigorous exercise for 6 hours.
- If swelling or bruising occur, you may ice the treated area.

Post Injection: Juvederm

- Postpone any dental procedures for at least 2 weeks after injection.
- Do not use makeup for 12 hours after injection.
- Avoid strenuous exercise for at least 12 hours following treatment.
- Avoid intense heat for 72 hours after injection.
- If swelling or bruising occur, you may ice the treated area.