



### WHAT TO EXPECT

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After treatment, a slight edema or bruising may occur. Sometimes, a slight depression or skin irregularity may appear at the insertion points. These typically disappear a few days after treatment.

### ACTIVITY

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- Apply cold packs immediately after procedure if required (should be wrapped to avoid direct contact with skin and insertion points).
- Acetaminophen may be taken in case of pain (2-3 days).
- Refrain from applying make-up for as long as possible. Make-up may be gently applied after a minimum of 24 hours.
- Sleep face-up, elevated on pillows for 3-5 nights.
- Do not rub face aggressively when washing, shaving, and drying face for 5 days; be gentle.
- Avoid excessive neck and facial movements for 2 weeks.
- Avoid participating in high impact sports (example: running) for 2 weeks.
- Avoid exposure to direct sunlight and UV light for 2 weeks.
- Do not use saunas for 3 weeks.
- Avoid dental surgery for 3 weeks.
- Avoid facial or face-down massages and facial aesthetic treatments for 4 weeks.

### FOLLOW UP APPOINTMENT

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- Next appointment: \_\_\_\_\_

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Signature of Patient

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Date

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Signature of Witness

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Date

Potential side effects include sensory nerve injury, asymmetry, and banding. After treatment, a slight edema, bruising, or pain may occur.