



LA • AGELESS
MEDICAL AESTHETICS

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(310) 347-4739

420 S Beverly Dr #202, Beverly Hills 90212

POST-TREATMENT CARE INSTRUCTIONS

LA Ageless Medical Aesthetics

420 S Beverly Drive, Suite 202, Beverly Hills, CA 90212

Phone: (310) 347-4739

IMMEDIATE POST-TREATMENT CARE (First 24 Hours)

What to Avoid

- **Do not massage** treated areas or lie down for the remainder of treatment day
Exception: Sculptra patients - see specific massage requirements below
- **Avoid makeup application** for 24 hours to prevent infection at injection sites
- **No strenuous exercise** for 24 hours to optimize results
- **Avoid heat exposure** including saunas, hot tubs, or excessive sun exposure
- **No touching** the treated area with unwashed hands

What You Can Do

- **Gentle cleansing** with face cleanser and water is permitted
- **Ice application** (fillers only): Apply ice packs in 15-minute intervals to reduce swelling
- **Sleep elevated** for 2 nights if swelling is present
- **Resume normal skincare routine** (excluding active ingredients listed below)
- **Anti-inflammatory supplements**

Sculptra (Poly-L-Lactic Acid):



- **MANDATORY MASSAGE:** 5 times daily for 5 minutes each session for 5 days
- Signs of treatment will disappear within 1 week
- Final results appear between 1-2 months as collagen rebuilds
- Massage is essential for proper product distribution and optimal results

EXTENDED CARE (Days 2-14)

Activities to Avoid

- **Active skincare ingredients** for 1-2 days: glycolic acid, salicylic acid, retinols
- **Cosmetic treatments** for 3 days: facials, chemical peels, other skin procedures
- **Hair removal** for 48 hours: waxing, tweezing, or bleaching in treated areas
- **Sun exposure and extreme temperatures** until redness and swelling resolve

Medications to Avoid

If approved by your primary care physician, avoid blood-thinning agents for 3-7 days post-treatment:

- Alcohol
- Aspirin
- Ibuprofen (Advil, Motrin)
- Fish oil supplements
- Vitamin E
- Ginkgo biloba

Note: This affects healing process but not treatment results

EXPECTED SIDE EFFECTS

Normal Reactions (May Last Several Days)

- Bruising
- Swelling
- Redness



- Tenderness
- Temporary firmness at injection sites

Treatment-Specific Effects

Neuromodulators (Botox/Dysport):

- Full results develop over 14 days
- Effects vary by individual and session
- Results influenced by muscle strength, metabolism, and dosing

Dermal Fillers:

- Treatment area may appear uneven or firm due to swelling
- Minimum 14 days required to settle and soften
- Ice application recommended in first 24 hours

TIMELINE FOR RESULTS

Days 1-3

- Normal side effects peak and begin to subside
- Makeup may be applied after 24 hours using clean techniques

Days 4-14

- **Neuromodulators:** Full effects manifest by day 14
- **Fillers:** Products settle and soften, final results visible
- Most side effects resolve

Touch-Up Policy

- **Neuromodulators:** Touch-ups for original areas must be scheduled between days 14-21
- After day 21, additional units are considered new treatment with separate fees



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WHEN TO CONTACT OUR OFFICE

Call Immediately For:

- Persistent pain beyond normal discomfort
- Skin blanching (whitened skin)
- Extensive bruising or swelling
- Redness lasting more than 3 days
- **Fillers:** Firmness or unevenness persisting beyond 14 days

Office Hours

Monday - Friday: 10:00 AM - 5:00 PM

Phone/Text: (310) 347-4739

- Calls and texts outside office hours will be responded to the next business day
- For urgent matters, leave a detailed voice message
- **Medical emergencies: Call 911 or visit nearest urgent care**

FACTORS AFFECTING RESULTS

Results vary based on:

- Individual biology and metabolism
- Muscle strength in treated areas
- Product dosage administered
- How quickly your body processes the treatment
- Adherence to post-treatment instructions

Important: Some individuals may require additional product to achieve desired results. Treatment effects may differ between sessions.

QUESTIONS OR CONCERNS



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Do not hesitate to contact our office with any questions about your treatment or recovery process. We are here to ensure your safety and satisfaction with your results.

Remember: Following these instructions carefully will optimize your results and minimize the risk of complications.

