

NEUROMODULATOR AFTER CARE

Post Care

- Remain upright for 4 hours after treatment — avoid lying down or bending over
- Gentle facial movement during the first hour is optional and may be performed if desired
- Do not rub, massage, or apply pressure to the treated areas for 24 hours
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24 hours
- Avoid alcohol for 24 hours
- You may apply a cool compress gently if needed for comfort
- Avoid facials, microdermabrasion, or other facial treatments for 2 weeks

What to Expect

- Small bumps, redness, or pinpoint bleeding at injection sites usually resolve within minutes to a few hours
- Mild bruising, tenderness, or a headache can occur and typically resolves within a few days
- Onset of effect begins in 3–5 days, with full results by about 14 days
- Results generally last 3–4 months, although duration varies by product, treatment area, and individual metabolism

CALL OUR OFFICE IMMEDIATELY

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Contact us right away if you experience any of the following:

- Spreading redness, warmth, pus, or fever
- Difficulty swallowing, breathing, or significant muscle weakness
- Drooping of the eyelid or difficulty opening the eye
- Hives, widespread itching, or swelling of the face or throat

For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

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Optimal healing leads to optimal results. Thank you for trusting Batniji Facial Plastic Surgery.

Your recovery is just as important as your treatment.

FILLER AFTER CARE

Post Care

- Apply a cold compress intermittently (10–15 minutes at a time) for the first several hours to reduce swelling and bruising
- Avoid touching, pressing, or massaging the treated area for 24–48 hours unless instructed otherwise
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Avoid alcohol for 24 hours
- Sleep with your head slightly elevated the first 1–2 nights, and avoid sleeping directly on the treated area the first night when practical
- Avoid dental work or other facial treatments for 2 weeks
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed; arnica may help with bruising

What to Expect

- Swelling, bruising, redness, and tenderness are common and generally resolve within several days to 2 weeks
- Swelling often peaks during the first 24–72 hours — especially in the lips — before gradually improving
- Firmness or small lumps may be felt initially and usually soften and settle over about 2 weeks
- Final results are typically seen at about 2 weeks once swelling resolves

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Contact us right away if you experience any of the following:

- Blanching, whitening, gray, blue, or dusky discoloration of the skin
- Severe or increasing pain out of proportion to the procedure
- Any change in vision
- Spreading redness, warmth, pus, or fever

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HYALURONIDASE AFTER CARE

Filler Dissolving

Post Care

- Apply a cold compress intermittently (10–15 minutes at a time) for the first several hours to reduce swelling and bruising
- Avoid touching, pressing, or massaging the treated area for 24–48 hours unless instructed otherwise
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Avoid alcohol for 24 hours
- Sleep with your head slightly elevated the first 1–2 nights
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed; arnica may help with bruising
- Wait until swelling has fully settled before judging the result — often about 2 weeks for elective treatment
- If you choose to replace dissolved filler, this is a separate treatment typically performed after swelling has resolved and the final result can be accurately assessed (often about 2 weeks for elective treatment)

What to Expect

- Softening often begins within hours, but improvement may continue over several days; more than one treatment is sometimes needed for firmer or larger amounts of filler
- Swelling, redness, tenderness, and bruising are common at first — the lips and under-eye area tend to swell and bruise more
- The treated area may temporarily look flatter, softer, or more hollow than expected; this often improves as swelling resolves and your body's natural hyaluronic acid is replenished over time
- Some filler may remain after treatment, and more than one treatment may be needed; nearby filler you wished to keep can also be partly affected
- Temporary numbness or tingling near the treated area can occur
- If hyaluronidase was given as emergency treatment for a blocked blood vessel, your provider may ask you to return sooner or more than once for repeat evaluation and treatment

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- Hives, widespread itching, flushing, or swelling of the lips, tongue, face, or throat
- Trouble breathing, wheezing, throat or chest tightness, dizziness, or fainting
- Any change in vision — blurring, double vision, dark spots, loss of sight, or eye pain
- Signs of a stroke — weakness or numbness on one side, or trouble speaking
- Skin that turns white, dusky, mottled, or blue, or severe or worsening pain near a treated area
- Increasing redness, warmth, pus, or fever

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SCULPTRA AFTER CARE

Post Care

- Massage the treated areas using the "5-5-5" rule: 5 minutes, 5 times per day, for 5 days
- Apply a cold compress intermittently for the first 24 hours to reduce swelling
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24 hours
- Avoid direct sun for 48–72 hours
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed

What to Expect

- Immediate swelling is common and usually subsides within a few days, at which point the treated area may look close to its pre-treatment appearance — this is expected as the initial volume is largely from the injection fluid
- Bruising and tenderness at injection sites can occur and resolve within several days
- Correction develops gradually as your own collagen rebuilds — over weeks to months
- A series of treatment sessions is typically recommended for full results
- Results build over time and can last up to about 2 years; individual results vary

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- Increasing pain instead of gradual improvement
- Spreading redness, warmth, pus, or fever
- Persistent or enlarging lumps or nodules that do not improve
- Any change in vision

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MICRONEEDLING AFTER CARE

Post Care

- Cleanse with a gentle cleanser and apply a hydrating serum and moisturizer
- Avoid direct sun exposure until the skin has healed, and wear broad-spectrum SPF 30+ daily
- Avoid makeup for 24 hours; mineral makeup is preferred when makeup is resumed
- Avoid active or exfoliating products (retinoids, AHAs/BHAs, vitamin C) for 5–7 days
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Avoid swimming pools and ocean water for 24–48 hours
- Do not pick, scratch, or exfoliate the treated skin
- Resume retinoids and other active skincare products only after the skin has completely healed or as directed by your provider

Post Care Regimen

- Night of treatment: Apply exosomes
- AM and PM for the next 5–7 days:
 - AM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer, and Defense broad-spectrum SPF 30+
 - PM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer

What to Expect

- Redness and warmth similar to a mild sunburn are normal for 1–3 days
- Mild swelling, dryness, tightness, and flaking can occur over the following days
- Skin may feel rough or bronzed briefly as it recovers — do not scratch or exfoliate prematurely
- Makeup can typically be worn after 24 hours

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Contact us right away if you experience any of the following:

- Increasing pain instead of gradual improvement
- Spreading redness, warmth, pus, or fever
- Blistering or worsening skin discoloration

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MICRONEEDLING + RF (SYLFIRM) AFTER CARE

Post Care

- Cleanse gently and apply a hydrating serum and moisturizer
- Avoid direct sun exposure until the skin has healed, and wear broad-spectrum SPF 30+ daily
- Avoid makeup for 24 hours (or until any pinpoint scabbing has resolved); mineral makeup is preferred when resumed
- Avoid active or exfoliating products (retinoids, AHAs/BHAs, vitamin C) for 7 days
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 48–72 hours
- Avoid swimming pools and ocean water for 48–72 hours
- Do not pick or scratch — let any scabbing or grid marks flake off naturally
- Resume retinoids and other active skincare products only after the skin has completely healed or as directed by your provider

Post Care Regimen

- Night of treatment: Apply exosomes
- AM and PM for the next 5–7 days:
 - AM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer, and Defense broad-spectrum SPF 30+
 - PM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer

What to Expect

- Mild pinpoint bleeding or oozing immediately after treatment is normal
- Redness, warmth, and mild swelling are normal and may persist for a few days
- A faint grid pattern, pinpoint scabbing, or bronzing may appear and typically flakes off within several days to a week
- Dryness and flaking are common as the skin recovers
- Because RF treats deeper, downtime and healing may be slightly longer than microneedling alone

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- Spreading redness, warmth, pus, or fever
- Blistering or worsening skin discoloration

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MOXI AFTER CARE

Post Care

- Cleanse skin with a gentle cleanser twice daily
- Apply moisturizer when skin feels dry and wear broad-spectrum SPF 30+ daily
- Apply a cold compress to decrease swelling
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed
- Extended sun precautions for several weeks help prevent post-inflammatory hyperpigmentation, especially in deeper skin tones
- Resume retinoids and other active skincare products only after the skin has completely healed or as directed by your provider
- If you have a history of cold sores (herpes simplex), let us know — we may prescribe an antiviral before or after treatment

Post Care Regimen

- Night of treatment: Apply exosomes
- AM and PM for the next 5–7 days:
 - AM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer, and Defense broad-spectrum SPF 30+
 - PM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer

What to Expect

- The treated area may be warm for 1–2 hours after treatment; warmth may continue for 12–24 hours
- Redness is normal and expected, and can persist for up to 7 days depending on the intensity of treatment
- MENDs (microscopic epidermal necrotic debris) will appear on the 2nd or 3rd day as tiny dark spots and a bronzed appearance — DO NOT scratch, exfoliate, or intentionally remove them
- Skin may feel rough or "sandpaper-like" before the MENDs naturally shed
- Mild itching during healing is common and does not usually indicate an allergic reaction
- Swelling can occur and is typically expected immediately after treatment

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Contact us right away if you experience any of the following:

- Increasing pain instead of gradual improvement
- Spreading redness, warmth, pus, or fever
- Blistering, or grouped painful blisters suggesting a cold sore outbreak

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BBL HEROIC AFTER CARE

Post Care

- Cleanse skin with a gentle cleanser twice daily
- Apply moisturizer when skin feels dry and wear broad-spectrum SPF 30+ daily
- Apply a cold compress to decrease swelling
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed
- Extended sun precautions for several weeks help prevent post-inflammatory hyperpigmentation, especially in deeper skin tones
- Avoid picking or exfoliating the pigmented spots — let them flake off naturally
- Resume retinoids and other active skincare products only after the skin has completely healed or as directed by your provider
- If you have a history of cold sores (herpes simplex), let us know — we may prescribe an antiviral before or after treatment
- Makeup can typically be worn immediately following the treatment

What to Expect

- You may experience some redness in the treatment area that should resolve within a few hours
- Pigmented lesions typically darken (a "coffee-grounds" appearance) over the course of about 10 days, followed by fading and flaking off
- Mild swelling is common, especially around the eyes when the face is treated
- Body treatments may take longer to heal than face treatments

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- Spreading redness, warmth, pus, or fever
- Blistering or worsening skin discoloration

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