



PATIENT INFORMATION SHEET

ANTI-AGING POST TREATMENT CARE

DR WILLIAM MOONEY MBBS FRACS
www.drwilliammooney.com.au

POST TREATMENT CARE INSTRUCTIONS FOR ANTI-AGING PROCEDURES

Contact Dr Mooney at once if you have any of the following concerns:

- Fever greater than 38.5C
- Excessive bleeding
- Excessive or increasing pain
- Increasing redness of the skin around the incision sites
- If you are disturbed or worried about any aspect of your surgery or recovery.

For **EMERGENCY** please contact Dr Mooney through the switchboard of your operative hospital (after hours) or his consulting rooms at which you visited.

Bankstown: 02 9796 7007

Marrickville: 02 9560 7055

Bondi: 02 9387 6622

Darwin: 08 8981 7318

Further information can be obtained from:

drwilliammooney.com.au

© Dr William Mooney 2006

- Try to exercise your treated muscles for the first hour after treatment (e.g practice frowning, raising your eyebrows or squinting). This helps to work the treatment into your muscles. Although this may help your procedure outcome, it will NOT impact your treatment negatively if you forget to do this.
- Do NOT have a facial, nor rub or massage the treated area for 24 hours after your treatment.
- Do NOT lie down or do strenuous exercise for three hours after treatment. Also, avoid any exposure to a sauna, hot tub or tanning for 4 hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.
- Please be aware that some, though very few patients, experience a mild headache. If this occurs for you, simply take a Paracetamol tablet as needed.
- Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and can easily be covered up with makeup. Any little bit of bruising may last up to one week. The use of "Arnica" (from most chemists) tablets or cream helps reduce bruising time if it is of concern.
- Final results can take up to 2 full weeks to take full effect. If, after 2 weeks, you feel that you still have more muscle movement than you would like, then please contact the office where you were treated to arrange for a post injection assessment.
- Anti-aging procedures requires a special technique in order to customize the injections to your individual muscular structure. Therefore, over the next few months, it is important that your muscle activity recovers but that your skin is not creasing as it did pre-treatment.
- Anti-aging procedures are a temporary procedure and at first you may find that your treatment results will last approximately 2 or 3 months. If you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than 4 months.
- Initially Dr Mooney likes to see his patients for repeat treatments between the 3rd month (12th wk) and 4th month (16th wk) time period. This will provide the best clinical results for you during this period.