

## **Botulinum Toxin A (BOTOX®) Post-Treatment Instructions**

- 1. Try to exercise your treated muscles for 1-2 hours after treatment** (e.g. practice frowning, raising your eyebrows, squinting). This helps to work the BOTOX into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
- 2. Do NOT rub or massage the treated areas for 2 hours after your treatment. Do NOT do strenuous exercise for 4 hours after treatment. Avoid facials or saunas for 4 hours after your treatment.** This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular activities.
- 3. Do NOT lie down for 4 hours after your treatment.** This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
4. Be assured that any tiny bumps or marks will go away within a few hours.
- 5. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch** to avoid rubbing the treated area.
6. Results of your treatment may **take up to 7-14 days to take full effect. Please wait 14 days after treatment before assessing the results.**
7. BOTOX is a temporary procedure. At first, you may find that your treatment results will last approximately 3-4 months. If you maintain treatment appointments with the frequency recommended by our office, the results of future treatments may last longer than 4 months.
8. Initially, we see our patients at intervals of between 3 – 4 months. We are able to create the best clinical results for you during this period. **Please ensure you book your next appointment before you leave our office today.**
9. **Please contact our office 2 weeks after your treatment to advise us of how you are doing.** If you require more product to fine-tune/ adjust your treatment results, we will schedule you an appointment at no additional cost.

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