



look as young as you feel

BOTOX Cosmetic® Post Treatment Instructions

1. **Try to exercise your treated muscles for 1-2 hours after treatment** (e.g. practice frowning, raising your eyebrows or squinting). This helps to work BOTOX Cosmetic® into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. **Avoid taking Advil, Vitamin E etc.** in order to reduce the risk of bruising.
3. **Do NOT rub or massage the treated areas for 4 hours after your treatment. Do NOT do Yoga or any type of strenuous exercise for 4 hours after treatment. Also 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 daily activities.
4. **Do NOT lie down for 4 hours after 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.
5. Be assured that any tiny bumps or marks will go away within a few hours. **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 14 days to take full effect. **Please wait until the 14 days has passed before assessing if you are pleased with the result.**

7. Because BOTOX Cosmetic® requires a special technique in order to customize the injections to your individual muscular structure, **it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.**
8. BOTOX Cosmetic® is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. **If you maintain your treatment appointments with the frequency recommended by your doctor, the duration of each treatment result may last longer than 4 months.**
9. Initially, our clinic sees patients between 3 month (12 week) and 4 month (16 week) time period. We are able to create the best clinical results for you during this period. **If you allow BOTOX Cosmetic® to completely wear off, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for YOUR face can be more difficult to achieve.**