



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. **Do NOT rub or massage the treated areas for 24 hours after your treatment. Do NOT do strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 24 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.
3. **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.
4. Be assured that any tiny bumps or marks will go away within a few hours. 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. **If you need to apply makeup within 4 hours after treatment, only use a GENTLE touch** to avoid rubbing the treated areas.
5. Be aware that some, though very few patients, experience a mild headache. You may take acetaminophen to help with this pain relief.
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. **You need to be seen for a 2-week follow-up assessment appointment.** This will ensure your provider is able to see how your facial muscles reacted to your treatment. If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at an additional cost. **For medical reasons, your results will be photographed and documented in your confidential patient file.**

Your 2-week assessment is scheduled for _____.

8. Because Botox® Cosmetic requires a special technique in order to customize the injections to your individual muscular structure, **it is important that your muscle actively recovers BUT that your skin is not creasing to the point from where you started.**
9. Botox® Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3-4 months. **If you maintain your treatment appointments with the frequency recommended by your provider, the duration of each treatment result may last longer than 4 months.**
10. Initially your provider sees patients between the 3-month (12 week) and 4-month (16 week) time period, as she is 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 your provider to be able to see how your individual muscles reacted and therefore optimal results for YOUR face can be more difficult to achieve.**
11. **Your provider will need to see you again in 3-4 months. Please ensure you schedule this appointment before you leave our office today.**

Your next appointment is scheduled for _____.

If you have any concerns please call our office at:
208.667.4557