



BOTOX POST TREATMENT INSTRUCTIONS

AVOID

Hours to days after your treatment:

- Avoid lying down or bending over for 4 hours after treatment.
- Avoid direct pressure on treated area (visors or hats, massage table, electric facial cleansing brushes)
- Strenuous exercise/heavy lifting/straining/bouncing/jogging
- Massaging/pressing treated areas

HOW LONG BEFORE I SEE MY RESULTS?

Full results can take up to 14 days; however, many patients see results at 7 days.

WILL MY LINES BE GONE COMPLETELY?

This depends on the depth of the lines, length of time that they have been there, and condition of the skin. If after 14 days you can still contract the facial muscles in the area of the lines, then more Botox may be needed. If you are unable to contract the facial muscles in the area of the lines, full treatment has been reached.

I HAVE AN AREA THAT IS STILL MOVING (OR OTHER ASYMMETRY). CAN ANYTHING BE DONE?

Yes! Please contact us with any concerns. We want you to be fully satisfied with your results and we are happy to see you for a follow up to fix issues like these.

I HAVE A BRUISE. IS THIS NORMAL?

Yes! Bruising, while undesirable, is a normal response to any injection.

HOW LONG WILL IT LAST/WHEN CAN I HAVE BOTOX AGAIN?

Most patients are able to enjoy their Botox treatment for 3-4 months; however, everyone's experience is slightly different. Once you have full control of your facial muscles and you see the lines return, call us!