



What to Know About Your Botox Treatment

Enhance your Botox results by following the few simple instructions provided. As a reminder, here are guidelines specific to each therapy. Feel free to contact us if you have any questions.

BEFORE Your Botox Treatment

- To avoid bruising it is best not to take any pain relievers that are blood thinners, such as aspirin, Advil (ibuprofen), Aleve (naproxen), or Vitamin E. Avoid alcohol for a few days before and after treatment since it, too, is a blood thinner.
- Do not use **Botox** if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the procedure.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and Retinoids.
- Inform your provider if you have a history of Perioral Herpes.
- Always inform your provider of all medications you may be taking as well as any changes to your medical history.

POST Botox Treatment Instructions

- You may have bruises in the areas treated with **Botox**. This is normal. It will take up to two weeks for you to experience the full effect of the **Botox** treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following Botox treatments. Diminished movement of the muscles causing softening of the lines is OK and can lead to a more natural appearance. The objective of the Botox treatment is to improve the appearance of the lines, not necessarily paralyze the muscle. Regular treatments will also improve the look of the skin over time and diminish the results of dynamic wrinkles more quickly.
- **Do NOT rub or massage** the treated areas for 4 hours after your treatment. Do NOT practice 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.
- **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.
- **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.
- 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. Furthermore, a heaviness in the area treated is not uncommon. It is caused by the weakening of the muscles. The feeling of heaviness typically will pass within 2-4 weeks.
- 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 recover, BUT that your skin is not creasing to the point from where you started.
- **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 regularly maintain your treatments, the duration of each treatment result may last longer. Regular treatments will also improve the look of skin over time and diminish the results of dynamic wrinkles more quickly.