

AFTER YOUR BOTOX TREATMENT

1. Try to exercise your treated muscles for the first 30 mins after treatment (eg. practise frowning, raising your eyebrows or squinting). This helps to work **Botox Cosmetic** into your muscles. This is thought to help, it will NOT impact your treatment negatively if you do this.
2. DO NOT rub or massage the treated areas for 24 hrs after your treatment. DO NOT do strenuous exercise for 4 hrs after your 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 your 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 areas rubbed accidentally.
4. Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up please use a gentle touch to avoid rubbing the treated areas.
5. Results of your treatment can take up to 14 days to take full affect. Please wait until the 14 days has passed before assessing your treatment results.
6. 2 weeks after your treatment, If you require more product to fine tune / adjust your results, it can be applied during a follow-up appointment at additional cost.
7. Botox Cosmetic requires 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. After your first treatment you may find that your results will last approximately 3-4 months, and in some people up to 6 months.
9. Initially, patients are seen between 3 months (12 weeks) and 4 months (16 weeks) time period. We will be 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 us to be able to see how your individual muscles reacted. Therefore optimal results for your face are harder to achieve.