



### ***Botox Post Treatment Instructions***

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- Avoid lying down for several hours following treatment.
- Avoid strenuous exercise for four hours after treatment.
- Avoid facials and saunas for four hours after treatment.
- Facial exercise in the area of treatment is recommended (frown, raise your eyebrows, squint and smile) for 1-2 hours after treatment.
- Avoid manipulation of the area the first hour after the procedure.
- If you need to apply make-up, use only a gentle touch and avoid rubbing injection areas.
- Tiny bumps and marks at the injection sites usually disappear within a few hours.
- If you experience bruising, you can apply over-the-counter Arnica gel to speed healing.

#### **Important Reminders:**

- It usually takes 3-14 days for full treatment effects to appear.
- Results last 3-4 months on average.
- Regular treatment is necessary to maintain results, optimally done just prior to Botox wearing off.
- If you require more Botox to fine tune or adjust your results there will be an additional \$8/unit charge.

**Please do not hesitate to contact us with questions or concerns.**