

Botulinum Toxin Post-Instructions

Even though this is a quick in and out procedure, proper after care can help you get optimal results.

Post Care Instructions:

- ✓ Avoid strenuous exercise for 24 hours to reduce bruising and to keep the product in the injected area.
- ✓ Facial exercises in the injected areas are recommended for 1 hour following treatment, to stimulate binding of the toxin only to this localized area.
- ✓ Do not rest your head or lie down for 4 hours post injection.
- ✓ Do not manipulate the treated area for 3-4 hours following treatment.
- ✓ Do not receive a facial, peel, laser treatment or microdermabrasion for at least 7 days after injection.
- ✓ Do not apply products that are potentially irritating for 2 days after treatment (examples: tretinoin, retinol, glycolic acid, benzoyl peroxide, alpha hydroxy acid).
- ✓ After treatment there may be mild swelling and redness with possibility of bruising. You may apply a cool compress or ice pack, avoiding firm pressure, for 20 minutes each hour, the first few hours after treatment or use topical arnica gel 3 times a day.
- ✓ It can take 2-10 days to take full effect. It is recommended you contact the office 2 weeks after treatment if the desired effect has not yet been achieved.