

BOTOX® POST-TREATMENT INSTRUCTIONS

- Enjoy our complimentary make-up “touch-up” at Spa 43 after your Botox® treatment. You may apply makeup immediately following your treatment. Avoid facials and saunas the day of treatment.
- Try to use the injected muscles for the first 1-2 hours after treatment: practice frowning, raising your eyebrows and squinting. This helps work Botox® into your muscles. Although this is thought to help, this will not impact your treatment negatively if you forget.
- The results of your treatment can take up to 14 days to take full effect. Usually patients notice a change in 4-5 days. It takes time for the muscles to lose strength and the lines to fade following Botox® treatment. Please wait until 14 days have passed before assessing if you are pleased with the results.
- Do not touch or rub injected site for 2-4 hours following treatment. Avoid exercise and sweating for the remainder of the day and no lying down or leaning forward for 2-4 hours after treatment.
- There can be a slight chance of bruising at the treated site, this is temporary. Be assured that any tiny bumps or marks will go away within a few hours of treatment.
- Avoid any type of facial, microdermabrasion, or massage for 14 days after treatment.
- Avoid Ibuprofen, Advil or Motrin, Tylenol is acceptable to take if experiencing discomfort (if not contraindicated)
- Botox® Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommended by your clinician, the duration of each treatment results may last longer than 4 months.
- Your satisfaction is important to us! We would like you to return to the office in 2 weeks for a follow-up assessment appointment, especially after your first treatment. This will ensure we are able to see how your facial muscles react to your treatment. If you require additional Botox® to fine-tune/adjust your treatment results there will be additional charges at the regular rate.
- Remember your sunscreen every day.