



get gorgeous

BOTOX® After-Care Instructions

- 1) **Keep your head elevated** for at least 4 hours after the treatment. Do not lie down and avoid upside-down positions (e.g. no yoga) for the next 4 hours to prevent the BOTOX® from spreading to undesired areas.
- 2) **Do not massage or rub the treated area** during the next 4 hours. This allows the product to disperse properly for more even results.
- 3) **Move the injected area frequently** over the next 1-2 hours to increase the uptake of the BOTOX®, e.g. exaggerate your facial expressions.
- 4) You can cleanse, moisturize, and apply sunscreen and make-up as usual. You can resume normal activities right away.

When will the Botox start working and how long will it last?

Your BOTOX® treatment will start working in 3-5 days and will reach its peak effect in 2 weeks — a perfect time to schedule an appointment for us to review the results with you. The effects of BOTOX® gradually diminish over 3 months. Schedule your next appointment for 3 months from today to maintain the effect.

Are there any common side effects?

- Rarely, a tiny bruise might occur at one of your injection points in less than 10% of patients. It is okay to apply cover-up to the area until the bruise resolves in about 5 days.
- Rarely, swelling (less than 30 minutes) may appear at the injection sites, and you can use makeup to cover this.
- If this was your first BOTOX® injection, less than 15% of patients might feel a small tension headache after their first treatment.