



BOTOX Cosmetic ® Post Treatment Instructions

1. Try to exercise your treated muscles 30 times (x 2-3 times) after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work BOTOX Cosmetic ® into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. Do NOT rub or massage the treated areas for 2-3 days after your treatment. **Do NOT do strenuous exercise for 24-48 hours after treatment.** Also AVOID saunas for 24-48 hours and facials for 7-10 days 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 other 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 area rubbed accidentally.
4. Avoid tight hats, helmets or headbands following a Botox treatment for 2-3 days.
5. 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 within 12 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area. We recommend mineral makeup, using a clean brush or sponge only.
6. **Results of your treatment can take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing your treatment results. A follow appointment is HIGHLY recommended. We will not inject more Botox to the treatment area prior to 14 days.**

Touch-up dosing is only recommended 2-3 weeks post initial treatment session.

7. Avoid anti-inflammatories (eg Advil, Aleve) for 1 week post Botox treatment.
8. Avoid chemical peels or laser facial treatments for 2 weeks.
9. **Botox Cosmetic® intervals should not be more frequent than every 3 months**
9. **Excessive swelling or allergic reaction although rare may occur. If this occurs please contact our clinic immediately (403) 453 0122 or our after hours urgent contact number (403)437 3690.**

If any allergic reaction causes difficulty breathing and/or swelling, call 911 or go to the Emergency room immediately.

Client name: _____ Date: _____

Signature: _____