



## NEUROTOXIN POST TREATMENT INSTRUCTIONS

Botox works by relaxing facial muscles. It blocks the chemical your muscles need to contract, so if they cannot contract, they relax. In your face, Botox works best from the cheekbones up on your dynamic wrinkles – the ones formed when you contract your muscles – like your frown line, smile lines, and forehead lines. If you can't contract those muscles, they relax, and your wrinkles disappear.

Botox takes anywhere from 2-14 days to work and is different for each person, each time. Don't worry if you do not see anything in a couple of days – it will come. We would like to see you back in a couple of weeks to make sure that you achieved your desired outcome.

- Do not touch or rub your face for 4 hours after you have been treated.
- Avoid lying down for 4 hours after your treatment.
- Avoid strenuous exercise and excessive sweating for 24 hours after treatment.
- Avoid any skin care products that have high amounts of acid over the injected areas for 24 hours.
- "Frown, Raise, Frown, Raise" 30 times or so over the next hour, as it helps the muscle pick up the Botox and give a better effect.

### Normal Side Effects:

Most people experience little to no side effects after Botox treatments. Below is a short list of the most commonly occurring ones. All of which are minor and resolve on their own in a matter of hours to a few days.

- Small raised, red bumps where Botox was injected
- Slight pain or discomfort at injection site
- Possible bruising at injection site
- Slight headache lasting 2-3 days

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Patient Signature

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Date