

## After Your Botulinum Toxin Treatment

1. Try to exercise your treated muscles for the first 30mins after treatment (e.g. Practice frowning, raising your eyebrows or squinting). This helps to work the Botulinum toxin into your muscles. This is thought to help; it will NOT impact your treatment negatively.
2. DO NOT rub or massage the treated areas for 24hrs after your treatment. DO NOT do strenuous exercise for 4hrs after your treatment. Also avoid facials or saunas for 4 hours 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 do most your 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 areas rubbed accidentally.
4. 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 please use a gentle touch to avoid rubbing the treated areas.
5. 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.
6. Our clinic needs to see you in 2 weeks for a follow up assessment. This is to ensure your facial muscles reacted to your treatment accordingly. **If you require more product to fine tune/adjust your results, it will be applied during this appointment at additional cost.** Alternatively, additional product may not be required. Your results will then be photographed at this time.
7. Botox toxin requires special technique in order to customize the injections to your individual muscular structure. Amount and frequency of Botulinum toxin for optimal treatment may vary widely from individual to individual.

