



Facial Rejuvenation via BOTOX Care Guide

WHAT TO DO BEFORE THE PROCEDURE?

Three Days Before Treatment:

- Avoid exfoliating agents like Retin-A, alpha or beta-hydroxy acids, toners or any irritating creams on the treatment area.
- Discontinue electrolysis, waxing, threading, tweezing, plucking and chemical epilation in the treatment area.
- If you are prone to cold sores, notify the physician, who will prescribe a course of antiviral prophylactic treatment.
- Avoid Vitamin E (includes a multivitamin) and Fish Oil.
- Avoid Brufen or Dispirin.

WHAT TO EXPECT ON THE DAY OF THE PROCEDURE?

- Arrive at your appointment with a clean, makeup free face.
- A topical anesthetic / local analgesic may be indicated to maximize your comfort.
- You may experience some tenderness, swelling, redness or stinging at the injection site, immediately following injection.

WHAT TO EXPECT AFTER THE PROCEDURE?

Aftercare Guide:

- Avoid lying down, showering, leaning forward or cooking for 4-6 hours following treatment.
- Do not apply pressure or massage the treated area for 6-8 hours after treatment.
- It is best to avoid using makeup for 12 hours after the treatment.
- Avoid yoga, strenuous exercise, facial massages, excessive sun or heat exposure & alcohol consumption for 24 hours after injection.

Comfort Measures:

- Brufen, Panadol or Dispirin are appropriate for swelling or discomfort, if needed.
- Antihistamines, like Avil and Softin, may be used for minor itching.

- For up to 48 hours following treatment, cool packs or ice can relieve minor discomfort and reduce swelling and bruising. Ice for a maximum of 20 minutes per hour. After 48 hours, switch to hot packs.
- If extreme swelling or any unforeseen symptoms occur, please contact your doctor.

WHAT TO EXPECT IN THE RECOVERY PERIOD?

- With the exception of strenuous exercise, you may return to normal activity immediately following injection.
- Most side effects from the treatment should not be cause for alarm. Symptoms are usually minor and should subside in time, as a normal part of the healing process. They may be alleviated with simple measures, as described above.
- It is normal to experience mild tenderness, swelling, bruising for up to a week, particularly around the injection site.
- If you notice any bumps or marks, they will disappear after a few hours.
- Headaches are common. Avoid Brufen or Dispirin for them, instead try Panadol or Ponston.
- Flu-like symptoms have been reported but are uncommon.
- It's rare to experience drooping of the muscles around the treatment area; however, should this occur, please contact the doctor or clinic immediately.

WHAT RESULTS CAN I EXPECT AND HOW LONG WILL THEY LAST?

- You will begin to see smoothing of lines and wrinkles between 3-7 days after Botox, Dysport or Xeomin injection, although some areas may take effect quicker than others. Full effect may be visible in 14 days.
- Schedule a follow-up appointment 2-4 weeks after your procedure, so the doctor can assess treatment results and administer minor touch-ups, as needed.
- The benefits of BOTOX last about 6 months. Sometimes a few wrinkles will start to appear after 2-3 months. The effectiveness of BOTOX will last longer with successive treatments.
- To maintain results, it's recommended that you schedule your next appointment in about three months. If you allow the BOTOX to completely wear off, it will be difficult for the doctor to be able to see how your individual muscles reacted and therefore, optimal results for your face can be more difficult to achieve.