



edgemont  
dental care

## After Your Botox Treatment

- 1) Try to exercise your treated muscles for the first 30 minutes after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work Botox into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if this omitted.
- 2) DO NOT rub or massage the treated areas for 24 hours after your treatment. DO NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure of the treated areas (from your pillow) and to avoid the risk of having the areas rubbed accidentally. Also, avoid facials for 4 hours after your treatment. Feel free to shower and go about your regular daily activities.
- 3) 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.
- 4) Avoid strenuous exercise 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.
- 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 requires special technique in order to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.
- 8) Botox is a temporary procedure. At first, you may find that your treatment results will last approximately 3-4 months, in some people up to 6 months.
- 9) Initially, our office sees patients between 3-4 months time period. We will be able to create the best clinical results for you during this period. If you allow Botox to completely wear off, it is difficult for us to be able to see how your individual muscles reacted. Therefore, the optimal results for your face are harder to achieve.
- 10) We strive to fully satisfy our patients. We offer the special service of contacting you as a reminder prior to your booked appointment. If that date and time does not work for you, we would be happy to reschedule it for you. If you have any concerns, please call our office.

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