

Beauty & Grace

AESTHETICS

Botox After Care Instructions

1. Exercise your facial muscles (areas in which you were injected) for the first hour after you were injected. This helps work the treatment into your muscles. If you forget to do this, it will NOT impact your treatment negatively.
2. Do NOT have a facial, rub the injection points or have a massage for 24 hours after you were treated. You may use your normal skin care regiment that evening. DO not use a Clarisonic or electronic facial tools for a minimum of 24 hours.
3. Do NOT lie down flat on your back for at least 4 hours after your treatment.
4. No strenuous exercise for 24 hours after treatment (weights, cross fight, running). Light exercise (walking, jogging are ok within 4 hours from your treatment).
5. Some patient experience a dull headache after injection. This can be normal. You may take Tylenol for any associated pain relief.
6. The bumps you see after injection will go away within a few hours after treatment. There is a small risk of bruising with any Botox injection particularly within the areas where the skin is thinner (forehead and around the eyes). If you do experience any bruising rest assure Botox bruises are easy to cover with makeup and typically resolve in a few days to a week.
7. You will not notice a difference in your treatment areas immediately after injection. It takes typically 3-7 days for patients to start noticing a difference. It will take a full 2 weeks for the treatment to set into the muscle. If you have any questions or concerns, please wait to contact me until it has been a full 2 weeks since your treatment. It is not uncommon to have some minor asymmetry in the muscles during that two-week period.
8. Botox can last up to three months on average for most patients. Your activity level, hormones and stress can affect how you metabolize your product. If you are concerned that you are not holding onto your product as long as you would like, please discuss further with me. Often a more frequent, larger dose or switching to a different neurotoxin can be helpful.
9. If you have any questions or concerns, please don't hesitate to contact Amy via email at aresner76@yahoo.com or voicemail/text at **317-852-8103**.

