

POST-TREATMENT INSTRUCTIONS FOR CRANIAL/FACIAL BOTOX

- Do NOT rub or massage the treated areas for 24 hours after your treatment. Avoid strenuous exercise for 4 hours after treatment. 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 go about most other regular activities.
- 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 area rubbed accidentally.
- Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply makeup within 4 hours of your treatment, use a gentle touch to avoid rubbing the treated area.
- Results of your treatment can take up to 14 days to take full effect.

Our clinic would like to see you for a 4 week follow up assessment appointment.

This will allow us to see how you reacted to your treatment and whether you require future BOTOX treatments or adjustments to medical therapy.

Please call the office @ (403) 452-5608 to book your 4 week follow up appointment or for further questions.