

Neurotoxin Post-Care Instructions:

1. Try to exercise your treated muscles intermittently for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work the product into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. Do NOT rub or massage the treated areas for 2 hours after your treatment.
3. Do NOT do strenuous exercise the day of your treatment.
4. Avoid facials or saunas the day of your treatment.
5. Do NOT apply makeup or skincare products to the treated areas for 4 hours after your treatment.
6. Do NOT lie face-down for 4 hours after treatment (i.e. chiropractor, massage therapy, sleeping).
7. Tiny bumps from the injections will go away within a few hours.
8. Should bruising occur, this will settle down over a few days.
9. Results of your treatment will take up to 14 days to take full effect.
10. Botulinum treatment is a temporary procedure and will only last approximately 3 – 4 months.
11. Optimal results from Botulinum requires regular repeated treatments to minimize muscle movement and help correct and prevent fine lines and wrinkles. Like visiting the gym to exercise, you get optimal results with regular visits.