



BOTOX POST TREATMENT INSTRUCTIONS

Please review the following information carefully to achieve optimum results from your Botox treatment and the most comfortable recovery.

Do not massage any of the areas of your face that were treated with the Botox. Avoid manipulation of the treated area for 3- 4 hours following treatment. This could spread the Botox into an area of the muscle where we do not want it to migrate.

However, facial exercise in the area of treatment is recommended (frown / smile / squint intermittently for 1 hour post treatment). This will encourage the Botox to move throughout the muscle in a uniform manner. For instance, if we treat your glabella (the area between your eyebrows) we would want you to frown and/or draw your brows together into a scowl to encourage the Botox to move throughout the muscle.

Do not exercise strenuously after your Botox treatment for 24 hours.

It is not uncommon to get a small-reddened area or even a bruise at the site of injection. If this occurs and you are concerned, please call our office at 602.653.0540.

Do not lie down for 3-4 hours following treatment. Keep your head elevated for several hours after your Botox treatment. This may also cause the Botox to migrate or cause a headache.

Botox Injections will take up to 14 days after your treatment for full effectiveness. This time varies from patient to patient and even from treatment to treatment. The average number of days for the Botox to begin to become evident is 3-5 days. However complete results will continue to become apparent for the first 2 weeks after your treatment.

If an area requires a touch-up treatment after the initial treatment, it will not be scheduled prior to 2 weeks to allow the Botox sufficient time to become totally effective. If you feel that an area requires additional treatment, please call to schedule an appointment for an evaluation and possible treatment.

Botox will usually need to be repeated at 3-month intervals for several treatments to be most effective and for results to be maintained.

Please contact Dr. Semone Rochlin at (602) 653-0540 if you have any concerns regarding your treatment.

Thank you for coming for your treatment today! Have a beautiful day!