

## **Botox Post Care Instructions**

- Elevate your head and avoid lying flat or prone (face down) for FOUR hours post procedure.
- No strenuous activity for 24 hours post procedure. Any activity that elevates your blood pressure and heart rate can cause bruising. You should avoid running, weight lifting, pilates, yoga, aerobics, cycling, climbing, sun, heat exposure and sex.
- Do not wear makeup least TWO hours.
- Do not massage or touch injection sites. Avoid rubbing and massaging the treated area for at least 24 hours. You don't want to make the injectable spread to other unintended areas.
- Avoid additional facial treatments. Make sure to book other services including, but not limited to facials, chemical peels, microdermabrasion, etc. for at least 24-48 hours post treatment. Also avoid Retin A for at least 2 days after treatment.
- Use an ice pack . Icing before, during, and after injectables can help reduce the potential of bruising. Ice helps to constrict the blood vessels and lessens the likelihood of a bruise to spread. Do not place ice directly on the skin. Use a clean barrier like a thin paper towel.
- Apply arnica gel. Apply arnica to injection sites with clean hands every 1-2 hours for at least the first 24 hours to help minimize bruising. Arnica Montanais a homeopathic medicine used to reduce bruising. It is available without a prescription and can be found at most natural health food stores.
- For at least 24-48 hours post treatment avoid: alcohol, caffeine, niacin, high sodium foods, high sugar foods, carbohydrates, spicy foods and cigarettes.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.