

## Instructions for Botox

Botox is one of the safest treatments with no known permanent side effects. Please follow these instructions to increase the predictability and improve your results. Results may vary between individual.

### **1. Bruising**

*Because this is injection therapy, it is possible to receive bruising. We recommend that you avoid anti-inflammatory drugs (eg. Advil) and alcohol.*

### **2. Ice Pack**

*Applying ice packs on injection sites will minimize bruising and swelling.*

### **3. DO NOT RUB**

*In order to avoid moving Botox into different muscles where it does not belong, please do not rub or massage the treated area for 2 hours after treatment.*

### **4. Effect of Botox**

*Effects of Botox are typically seen after 3-10 days of the treatment.*

### **5. 2 Weeks Follow-up**

*We will help you schedule an appointment in 2 weeks for a follow-up of the treatment. Small 'touch-ups' can be done at this time.*

### **6. Re-injection schedule**

*Botox does not last forever and its effect will wear off with time. On average, you will feel the effect of Botox dissipating after 3-4 months. Please reschedule for re-injection of Botox as you see fit.*

If you have any questions or concerns, please do not hesitate to contact our office. You matter to us, and we are here for you.