

BALFOUR DERMATOLOGY

Trust the Skin Experts.

BOTOX POST-TREATMENT INSTRUCTIONS

For optimal results, patients are advised to follow post treatment instructions carefully.

For 4-8 hours following your treatment...

- **No lying down flat**
- **Use your muscles regularly in the treated area following your treatment.**
- **Avoid rubbing or massaging the treated area**
- **No heavy exercising or activity that increases your heart rate**

-There may be redness and bumps to the injected areas, this typically resolves within a few hours.

-A headache is a common reaction as the Botox is setting into the muscle and in some instances may last several days.

-Bruising is to be expected and typically resolves following treatment.

-Over the counter Arnica as well as fresh pineapple juice are remedies to minimize bruising.

-If applying makeup or products to the treated areas ensure that the applicator is clean & hands are washed.

-Botox takes up to 2 weeks to fully set in, please allow a full 2 weeks prior to booking a follow-up treatment for evaluation.

-For the best results, schedule your next treatment in 3-4 months.

Please remember to cancel or re-schedule 24-48 hours in advance to avoid a fee.