



**MEDICAL AESTHETICS**  
BY DONNA  
FACE AND BODY REJUVENATION

**Botox Post Care Instructions**

- It will usually take 2-3 days to start seeing any effects.
- It usually takes 14 days for full effect. After 14 days, additional treatment can be added if more effect is desired, or adjustments can be made for asymmetry.
- Results last approximately 3-4 months.
- Small amounts of swelling, temporary bumps, redness, bruising, mild headache, tingling sensation or mild itching are all normal after treatment.
- Do not rub sites of injection.
- You may experience stinging at the injection site for 10-15 minutes.
- Occasional bruising may occur. This will clear up within 7-10 days.
- Maintain an upright posture for 4 hours.
- Do not profusely sweat or do heavy exercise for 24 hours.
- If a headache develops, it should last less than 24 hours. This can be treated with Ibuprofen or Tylenol.
- Wait 14 days for any facial massage, facial treatments or facial procedures.
- When cleansing, avoid pressure and use gentle strokes away from the eyes.
  - Avoid electrical stimulation of the face for the next 14 days.
  - Avoid wearing tight caps or garments in the area that has been injected.
  - Avoid alcohol and exposure to UV and extreme heat i.e. sauna, steam, sun beds, very hot showers, strenuous exercise etc.
  - If you are satisfied with your result, please be sure to schedule your next appointment ahead of time for 3-4months. If you are not, please contact us so we can discuss your concerns
- **To Reduce the Chance of Infection:**
  - Do not apply make-up for approximately 4 hours unless it is mineral based.
  - Wash your hands immediately post procedure.
  - Do not touch your face in the areas injected for 4 hours.
- **Contact us...**
  - If you feel distressed or worried in any way.
  - If you have signs of infection or an adverse reaction.
  - If you desire a routine adjustment, which can be carried out after day 14 from your procedure.

508-259-6634