



## **BOTOX® After Care Instructions**

Now that you've received BOTOX treatment, to achieve a rejuvenated and more youthful appearance, we recommend that you follow the below after care tips to achieve and maintain the best possible results from your treatment:

Do not rub or massage the treated area for at least 4 hours

Avoid any strenuous activity or exercise for 24 hours

If you experience any slight bruising it is recommended that you use:

Arnica cream apply 3 times daily

It may take up to 10-14 days to see the full effects of your BOTOX treatment. To ensure you are happy with the results you have achieved we request you return for a review appointment and assessment.

*Your follow-up appointment is scheduled for:*

To follow your results and for other documentation reasons you will be photographed and the results recorded in your confidential patient file.

The effects of your BOTOX treatment should last 3-4 months and therefore to ensure you maintain the benefits of your treatment it is recommended to have a re-treatment in 3 months time. There is also some evidence available to indicate that over time, regular repeat treatments may improve the longevity you receive from your BOTOX treatments.

*Your next BOTOX treatment appointment is scheduled for:*

We offer the service of contacting you 2 days prior to your appointment to confirm. If the nominated date/time is not suitable for you, we will be more than happy to change your appointment to fit your schedule.