

BOTOX Cosmetic® Post Treatment Instructions

1. **Try to exercise your treated muscles for 1-2 hours after treatment** (e.g. practice frowning, raising your eyebrows or squinting). This helps to work BOTOX Cosmetic® into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. **Do NOT rub or massage the treated areas for 4 hours after your treatment. Do NOT do Yoga or any type of strenuous exercise for 4 hours after treatment. Also avoid facials or saunas for 4 hours after your treatment.** This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
3. **Do NOT lie down for 4 hours after treatment.** This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.
4. Be assured that any tiny bumps or marks will go away within a few hours. **If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch** to avoid rubbing the treated area.
5. Results of your treatment may **take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.**
6. BOTOX Cosmetic® is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. **If you maintain your treatment appointments with the frequency recommended by your doctor the duration of each treatment result may last longer than 4 months.**
7. Any concerns? Just call Dr. Zidel on his cell @ 416-402-2525.