



Information For After BOTOX Treatment

- Exercise your treated muscles for 2 hours after treatment (for example, practice frowning, raising your eyebrows, or squinting). This helps work the Botox into your muscles.
- Do NOT press on, rub, or massage the treated area for 3 hours after the treatment. Even avoid wearing sunglasses for the rest of the day.
- Do NOT have a facial, hot tub, sauna, or exercise for the rest of the day.
- Stay upright. Do NOT lie down, and do not spend time bending over (like picking things up from the floor or washing the floor), for 4 hours after the treatment.
- Be assured that tiny bumps or marks will go away within a few hours. If you need to apply makeup within 4 hours of your treatment, only use a gentle touch to avoid rubbing the treated area.
- Results of your treatment will start in 3 days, but may take up to 2 weeks to take full effect.

Please consider booking a 2-week follow-up assessment appointment, especially if this was your first treatment.

This will ensure that we are able to see how your facial muscles reacted to your treatment. If you require more product to fine-tune or adjust your treatment results, it can be applied during this appointment (sometimes additional cost applies). For medical reasons, your results can be photographed and documented in your confidential patient file.

Botox is a temporary procedure and at first you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommended by Dr. Stewart, the duration of each treatment may last longer than 4 months.