

Forever Flawless Medical Aesthetics and Laser

After Care Instructions for Botox

Try to exercise your treated muscles for the first hour after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work the treatment into your muscles.

Although this may help your procedure outcome, it will NOT impact your treatment negatively if you forget to do this.

Do NOT have a facial, nor rub or massage the treated area for 24 hours after your treatment.

Do NOT lie down or do strenuous exercise for three hours after treatment. Also, avoid any exposure to a sauna, hot tub or tanning for 4 hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.

Please be aware that some, though very few patients, experience a mild headache. You may take Tylenol to help with this for pain relief. Please do not take aspirin or ibuprofen as they may increase risk of bruising.

Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and can easily be covered up with makeup. Any little bit of bruising may last up to one week.

After Botox is placed into the targeted muscles, the weakening effect gradually begins anywhere from 24 hours to 3-5 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks.

Anti-aging procedures are a temporary procedure and at first you may find that your treatment results will last approximately 2 or 3 months. If you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than 4 months.