



MEDIWORKS

REJUVENATION CENTRE

Botox Cosmetic Post-Treatment Instructions

Today you will have had injections with Botox Cosmetic. The purified protein will work its way into the muscles in the treated areas and you will begin to feel and see some changes in about 3-5 days. The full effect will be apparent after 2 weeks. Our goal is to produce a more rested, smooth, younger version of you while maintaining your ability to express yourself fully.

After treatment, you may experience swelling, redness, pain, itching, discoloration and tenderness at the injection site. This will typically last for a couple of hours. The use of Tylenol (acetaminophen) is permitted. Additionally, although rare, red, or swollen bumps may occur for 2-3 days. If needed, you may apply make-up after 4 hours of treatment, using gentle pressure on your skin.

- **For 1 hour:** Exercise the areas that were treated (eg. Practice frowning, raising your eyebrows)
- **For 3 hours:** Remain upright, do not rub treated areas. You may apply makeup gently.
- **Rest of the day:** Refrain from strenuous physical activity, hot tub, sauna, facials, alcohol or aspirin.

Please book your follow up assessment at the 2 week mark, especially if this is your first Botox treatment with us. This will ensure that we are able to see how your facial muscles react to your treatment. For medical reasons, your results will be photographed and documented in your confidential patient file.

BOTOX cosmetic is a temporary procedure and at first you may find that your treatment results will last approximately 3-4 months. Over time the results of each treatment may last longer than 4 months.

Botox is injected to treat fine lines and wrinkles, however, it also helps prevent them from developing--- while Botox is in place, make an effort to notice which muscles are **not** moving, for example the lines between the eyebrows. This gives you the opportunity to change your wrinkle forming habits.