

BOTOX Post-treatment Instructions

1. Try to exercise your treated muscles moving them up & down for 30 seconds or 20 movements (e.g. practice frowning, raising your eyebrows or squinting). This helps to work BOTOX into your muscles.
2. DO NOT rub or massage the treated areas for 24 hours after your treatment.
3. Makeup can be very gently applied.
4. DO NOT lie down or do strenuous exercise for 4 hours after treatment. Feel free to shower and go about other regular daily activities.
5. Minimize or better yet avoid alcohol, aspirin, and NSAIDs (e.g. Ibuprofen) in the first 24-48 hours to minimize your risk of a bruise. Note that if any bruising develops, it will resolve like a typical bruise in about a week. If the bruise is bothersome, we may be able to assist with a laser procedure. Call our office at (416) 633-0001 ext. 2 to discuss. This is a complementary service.
6. Be assured that any tiny swellings or marks will go away within a few hours after your treatment.
7. Botox begins working after 3-5 days, but results of your treatment can take up to 2 weeks to take full effect. Please wait until the 2 weeks has passed before assessing your treatment results.

The doctor would like to see you in 2-3 week for follow-up assessment appointment; this is the case after any new treatment or new area treated.

This will ensure your doctor is able to see how you have responded to your treatment and may fine-tune/adjust results for optimal outcome. Additional products may also be recommended.

Please see reception to schedule a follow-up.

Your follow-up assessment is booked for: _____

BOTOX is a temporary procedure and at first, you may find that your treatment results will last 3-4 months. If you maintain your treatment appointments, the duration of each treatment result may last longer than 4 months and your wrinkles should become less deep over time.

We would like to see you in 3-4 months.

Please book this appointment before you leave the clinic today.

Your next appointment is scheduled for: _____

We strive to satisfy our patients. If you have any concerns/questions, please contact our office:
cosmetic@torontodermatologycentre.com or Tel: (416) 633-0001 ext. 2.