

Laser Skin Solutions

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. **Avoid taking Advil, Vitamin E** etc. in order to reduce the risk of bruising.
3. **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.
4. **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.
5. 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.
6. 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.**
7. Because BOTOX Cosmetic® requires a special technique in order to customize the injections to your individual muscular structure, **it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.**
8. 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, the duration of each treatment result may last longer than 4 months.**
9. Initially, Dr. Rankin and his clinical staff will recommend re-treatment between 3 months (12 weeks) and 4 months (16 weeks). We are able to create the best clinical results for you during this period. **If you allow BOTOX Cosmetic® to completely wear off, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for YOUR face can be more difficult to achieve.** In addition, retreating your muscles BEFORE Botox has completely worn off will keep your muscles weakened and therefore lead to longer duration of your Botox as your muscles atrophy.

10. We will need to see you in _____ months.

Please ensure you schedule this appointment before you leave our office today.

Your next appointment is scheduled for _____.

11. **We offer the special service of contacting you as a reminder approximately two days prior to your scheduled appointment.** If that date / time is not suitable, we will be more than happy to adjust it to fit your schedule. However, we do ask that you return our call to reschedule if necessary at least 24 hours in advance, as well as confirm and reserve your appointment time. Please refer to our office policies for our cancellation policy. **If you have any questions or concerns, please feel free to contact us at (561) 641-9490.**