

# BOTOX

## POST-TREATMENT INSTRUCTIONS:

You may have bruising in the areas treated with Botox. This is normal. It will take up to one week for you to experience the full effect of the Botox treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following Botox treatment. The object of the Botox treatment is to improve the appearance of the lines.

- Do not rub or massage the treated area for 4 hours after your initial treatment.
- Avoid strenuous exercise for 24 hours after treatment.
- Be assured that any type of bumps or marks will go away within a few hours.
- You may apply ice or a cold gel pack to the area(s) treated (avoiding pressure) as this helps to reduce swelling and the potential for bruising.
- Makeup may be applied once the needle marks disappear.
- You may take Acetaminophen/Tylenol if you experience mild tenderness or discomfort.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply a SPF or higher sunscreen.

Results of your treatment may take up to 7 days to take full effect. Please wait until the end of 7 days has passed before assessing if you are pleased with the result.

Botox is a temporary procedure and at first, you may find that your treatment results will last approximately three to four months. If you maintain your treatment appointments, the duration of each treatment result may last longer than four months.



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