

## **POST - TREATMENT INSTRUCTIONS Botox/Dysport/Xeomin/Jeuveau**

This is a list of commonly asked questions to help guide your expectations following your recent wrinkle treatment:

### **When can I expect to see results?**

- Most patients begin to notice the benefits 3-5 days following treatment. You will not necessarily feel anything different, but you will gradually notice a decrease in the wrinkles along the treated areas. For some patients, it may up to 2 weeks to see optimal results.

### **How long will the results last?**

- This treatment is not permanent. After about three to four months, you will begin to see your wrinkles returning. In some cases, the results can last up to six months, and in other cases, the patient may notice some wrinkles returning after only two months following treatment. It has been found that the results and effectiveness of treatment last longer with successive new treatments.

### **Is there anything I should avoid following my treatment?**

- Try to avoid touching, massaging, or manipulating the treatment area and avoid strenuous activity for about 4-5 hours after treatment.

### **What if I bruise?**

- Bruising is rare but is a possibility. Some over the counter medications and natural alternative supplements may increase the likelihood of developing a bruise (try to avoid aspirin, ibuprofen, fish oil, and alcohol before your treatment).
- If you do happen to develop bruising, the bruise should resolve over the next 7-10 days.

### **What if I get a headache?**

- This is uncommon. Botox® is in fact a treatment option for patients with tension headaches. If you happen to incur a headache following treatment, your usual treatments (over the counter medications, cool compresses, and dimmed lights) should suffice.

### **Is it okay to apply make-up to the treated area?**

- It is recommended that you wait 6-12 hours after treatment to apply makeup to the treated area. If make-up is necessary immediately following your treatment, cleanse the area with a gentle facial cleanser prior to application.
- Mineral make-up designed for sensitive skin is recommended immediately following treatment. Please consult with one of our aestheticians to further discuss our recommended post-treatment skin care regimen.

We hope you enjoy the results of your treatment.

As always, please do not hesitate to call 805-983-1999 if you have any questions or concerns.