



Botox Instructions

Pre Botox:

What exactly is BOTOX® Cosmetic?

BOTOX® Cosmetic is a purified protein produced by the *Clostridium botulinum* bacterium. It is a nonsurgical treatment that can temporarily reduce lines caused by muscle movement. During treatment, low doses of BOTOX® Cosmetic are administered via a few tiny injections directly into the muscles that cause those stubborn lines. The treatment is usually done in about 10 minutes, and no recovery time is needed. It works by blocking the transmission of nerve impulses to the injected muscles; this reduces the activity of the muscles that cause those persistent lines to form.

When will I see results from a BOTOX® Cosmetic treatment?

Within days, you may see an improvement in the ability to crease the targeted lines. It can take **two weeks to see the full effect of the dose**. Lines continue to improve over months. In clinical trials, nearly 90% of men and women rated the improvement in their appearance as moderate to better 1 month after treatment. Results may vary.

How long does BOTOX® Cosmetic last?

Results from treatment with BOTOX® Cosmetic can last for up to 4 months; 2 ½ to 3 is average. Some people choose to use lower doses but come in more often for ultra-consistent results. If you discontinue treatment, the lines gradually will look like they did before treatment.

Is treatment with BOTOX® Cosmetic painful?

Discomfort is usually minimal and brief. The entire procedure takes approximately 10 minutes.

Who should not use BOTOX® Cosmetic?

BOTOX® Cosmetic should not be used in the presence of infection at the proposed injection site(s) and in individuals with known hypersensitivity to any ingredient in the formulation. Patients with neuromuscular disorders such as ALS, myasthenia gravis or Lambert-Eaton syndrome may be at increased risk of serious side effects.

Will I experience any side effects?

The most common side effects following injection include headache, temporary eyelid droop and nausea. Localized pain, infection, inflammation, tenderness, swelling, redness, and/or bleeding/bruising may be associated with the injection. Avoid blood thinning medications, such as ibuprofen or aspirin, for a week if you'd like to decrease the chance of bruising.

Will my facial expressions continue to look natural?

Although the results are visible, a treatment with BOTOX® Cosmetic will not radically change your facial appearance or make you look as if you "had work done." The muscle activity that causes frown lines between the brows is simply reduced, so you can still frown or look surprised without the wrinkles and creases between your brows.

Post Botox:

Immediately after the treatment you should contract the treated muscles repeatedly for about 2 hours and avoid touching the area. Stay upright for four hours: avoid lying down, or doing activities while bent over. This decreases your risk of an eyelid droop!

Two weeks after the treatment, assess the level of weakness in the muscles. If you can still contract the muscles enough to fold the skin of the wrinkle, if nearby lines are more prominent, or if your eyebrows have too much lift, then contact us for an additional dose. If you see no change or develop undesired muscle movements around the treated area, we can fix those! The two-week touch-up is critical to finding your perfect, personal Botox dose for future treatments. We expect to hear from some people needing touch-ups during this phase of the treatment journey. Sometimes needing units early in your treatment journey is the trade-off for our conservative, cautious philosophy for natural looking beauty treatments. This approach will give you the best and most natural looking results with the lowest (and safest) dose needed to produce the desired effect.