



BOTULINUM TOXIN (BOTOX) POST CARE INSTRUCTIONS

Try to exercise your treated muscles for the first 30 minutes after treatment e.g practice frowning, raising your eyebrows or squinting. This helps to work Botulinum toxin into your muscles. Although this is thought to help it will not impact your treatment negatively if you forget to do this.

Do not rub or massage the treated areas for 2 hours after your treatment.

Do not do 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 blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about other regular daily activities.

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 area rubbed accidentally.

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.

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.

Our nurse may need to see you in 2 weeks for brief follow up assessment to see how your facial muscles reacted to your treatment.

YOUR 2 WEEK ASSESSMENT IS

If you require more products to fine tune or adjust your treatment results; it will be applied during this appointment at an additional cost. For medical reasons, your results will be photographed and documented in your confidential patient file.



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Because Botulinum Toxin (Botox) 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.

Botulinum toxin 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 with the frequency recommended, the duration of each treatment result may last longer than 4 months.

Initially, Amira sees the patient between a 3 month (12 weeks) and 4 month (16 weeks) period. She is able to create the best clinical results for you during this period. If you allow Botulinum toxin to completely wear off, it is difficult for her to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult achieved.

IF YOU HAVE ANY QUESTIONS OR
CONCERNS, PLEASE CONTACT US AT THE
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