

Neuromodulators Post Treatment Care Instructions

- Treatments such as a facial, or massage over the treated area are to be avoided for 24 hours
- Do NOT lie down for 3 hours or do strenuous exercise for 48 after treatment. Also, avoid any exposure to a sauna, hot tub or tanning for four hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment
- For 1 hour: Exercise your treated areas (i.e. practice frowning, raising your eyebrows).
- Please be aware that some, though very few patients, experience a mild headache. You may take Tylenol to help with this for pain relief
- Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If this occurs, do not worry since it will only be temporary and can easily be covered up with makeup. Any little bit of bruising may last up to one week
- After Botox is placed into the targeted muscles, the weakening effect gradually begins anywhere from 2-7 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks
- Botox will last approximately 3-4 months at first. However, if you maintain your treatment appointments with the frequency recommended, the duration of each treatment result may last longer than four months
- Please book your follow up assessment at the 2 -3 week mark, especially if this is your first treatment. This will ensure that we can see how your facial muscles reacted to your treatment. IF you require more product to fine tune or adjust your treatment results, it will be applied during this appointment. There will be a cost for additional units. For treatment assessment completion, your results will be photographed and documented in your confidential patient file.
- If you have any questions or concerns regarding your recent injections, please contact your cosmetic injector: Melissa Cundell, RPN at (613) 281-1582