

## BOTULINUM TOXIN POST-TREATMENT INSTRUCTIONS

Please review and adhere to the following post-treatment guidelines in preparation for your botulinum toxin appointment. The following restrictions are in place to minimize the risk of potential complications.

Do:

- **Remain upright for 4 hours** after injection.
- Call the office immediately if you experience any problems.
- **You may take Tylenol / Acetaminophen** for headaches or discomfort as long as you do not have any allergies to Tylenol / Acetaminophen.
- Wash your face at night like normal (at least 4 hours post treatment).
- Be sure to **schedule a 2-week follow-up** appointment so Dr. Kusiak can assess your results and perform any enhancements if needed. It is not recommended to inject beyond 2 weeks post-treatment, so please ensure that you keep this appointment.
- **Schedule neurotoxin appointments every 3-4 months** to maintain the best results.

Don't:

- **Do not raise your body temperature for 24 hours** following treatment (**no exercise, hot tubs, saunas, being out in the sun**, etc.). An increase in internal body temperature or sweating in the first 24 hours can make the neurotoxin treatment ineffective.
- **Do not touch the treated areas for 4 hours**. In addition, do not lie down within this timeframe. We want the neurotoxin to stay in the muscles that it was specifically placed to avoid poor outcomes like a dropped eyebrow or eyelid.
- **Do not massage or manipulate** the treated areas for 48 hours. This also includes **no facials, chemical peels, or massages**.
- **Do not wear hats, visors, headbands** or anything tight on the head that has the potential to move the neurotoxin for 48 hours.
- **Do not wear make up on the day of treatment** to avoid infection. It will take about 24 hours for all of the injection sites to heal.
- **Do not love it or hate it for 2 weeks!** Neurotoxin treatments typically start to take effect around 2-10 days, but everyone is different. Please give the neurotoxin a full 2 weeks to take effect before deciding if you need more.