**BOTOX POST TREATMENT CHECKLIST**

**\*Please observe the following recommendations following Botox Injections\***

**\***Immediately after the treatment, the most commonly reported side effects were temporary redness and swelling at the injection site. These effects typically resolve within two to three days. Cold compresses may be used immediately after treatment to reduce swelling. If swelling and/or discomfort continues beyond two to three days or if other reactions occur, please contact the office at 770-475-3922.

**\***Avoid touching the treated area for six hours following treatment. After that, the area can be gently washed with soap and water.

**\***Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (no sun lamps, sun tanning, or direct sun exposure).

**\***If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence.

**\***Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John’s Wort, and high doses of Vitamin E supplements for one week after treatment. \* These agents may increase bruising and bleeding at the injection site.

**\***Avoid exercise and alcohol for six hours post-treatment.

**\***Evidence shows that having a follow up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your physician about recommendations for touch-up or follow up treatments.

**\*Do** **Not** lie down for 4 hours after injection.

**\*Do** **Not** press or massage the injected sites for 4-6 hours.

**\*Do** facial exercises for the 1st hour after injection

**\*Do Not sleep on your face.**

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