

**Guam Dermatology Institute**

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You may apply makeup immediately following your treatment. Avoid facials and saunas the day of treatment.

Try to use the injected muscles for the first 1-2 hours after treatment: practice frowning, raising your eyebrows and squinting. This helps work Botox® into your muscles.

The results of your treatment can take up to 14 days to take full effect. Usually, patients notice a change in 4-5 days. It takes time for the muscles to lose strength and the lines to fade following Botox® treatment.

Do not touch or rub injected site for 2-4 hours following treatment. Avoid exercise and sweating for the remainder of the day and no lying down or leaning forward for 2-4 hours after treatment.

There can be a slight chance of bruising at the treated site, this is temporary. Be assured that any tiny bumps or marks will go away within a few hours of treatment.

Avoid Ibuprofen, Advil or Motrin, Tylenol is acceptable to take if experiencing discomfort (if not contraindicated)

Botox® Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 4-5 months. If you maintain your treatment appointments with the frequency recommended by your clinician, the duration of each treatment results may last longer than 5 months.

Your satisfaction is so important to us! We would like you to return to the office in 2 weeks if you are a new patient (or a new area is treated) for a follow-up assessment. This will ensure we are able to see how your facial muscles react to your treatment. If you require additional Botox® to fine-tune your treatment results, there will be no additional charge.