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Botox® Pre/Post Care Instructions

RECOVERY AND HEALING:

- **Do NOT massage the area after being treated.**
- **Avoid laying down for 2 hours after being treated.**
- **Avoid flying for 2 hours after being treated.**
- **You may drive yourself to and from the treatments and resume normal activities immediately.**
- **Avoid sweating and heavy exercise for the first 24 hours.**

PAIN AND RISK:

- **There can be a slight chance of minimal and temporary bruising at the injection site. Other negative side effects can be eyelid drooping if the Botox® seeps below the eyebrow and hits the muscle that controls the lid, BUT that is very rare.**
- **The only people that should not have Botox® treatments are those known to be allergic, persons with neurological diseases and pregnant women.**
- **First time Botox® users might encounter a slight headache which is felt for the first few days until the muscles completely relax.**

WHAT CAN YOU EXPECT

- **After treatment, the overlying skin remains smooth and unwrinkled while the untreated facial muscles contract in a normal fashion, reversing the visible signs of aging.**
- **Botox® can take anywhere from 2 to 7 days to have this effect after injection.**
- **The results last, on average, three to four months. However, after 1 to 2 years of repeated treatment every 3 or 4 months, some patients have experienced a more long-lasting effect.**
- **Botox® will not improve sagging skin or replace the need for a face lift or laser procedure.**
- **Botox® cannot improve wrinkles not caused by muscle contractions.**