



Post Care Instructions

For Botox

Follow this guideline **AFTER** your treatment

1. Try to exercise your treated muscles for the first 30 minutes after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work the product into your muscles. Although this is thought to help, it will **NOT** impact your treatment negatively if you forget to do this.

2. Do **NOT** rub or massage the treated areas for 24 hours after your treatment. Do **NOT** do strenuous exercise for 4 hours after treatment. Also avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.

3. Do **NOT** lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.

4. Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.

5. Results of your treatment can take up to 14 days to take full effect. Please wait until the 14 days has passed before assessing your treatment results.

6. Our clinic needs to see you for a 2 week follow up assessment appointment.

This will determine how YOUR facial muscles reacted to your treatment.

If you require more product to fine tune / adjust your treatment results, it will be applied during this appointment at an additional cost. Alternatively, additional product may not be required. For medical reasons, your results will be photographed and documented in your confidential patient file.

7. Because this treatment requires a special technique in order to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.

8. This treatment is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your treatment frequency, the duration of each treatment result may last longer than 4 months

9. Initially, we see patients between the 3 month (12 weeks) and 4 month (16 weeks) time period. The best clinical results are created for you during this period. If you allow the treatment to completely wear off, it is difficult for us to be able to see how your individual muscles reacted and therefore optimal results for your face are harder to achieve.

10. We strive to fully satisfy our patients. We offer the special service of contacting you as a reminder prior to your booked appointment. If that date / time is not suitable, we will be more than happy to adjust it to fit your schedule.

For any further questions or clarifications, you may reach us via the following:

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