



CAPE COD AESTHETICS POST-TREATMENT INSTRUCTIONS

IN ORDER TO MINIMIZE THE RISK OF POSSIBLE SIDE EFFECTS AND COMPLICATIONS OF BOTOX INJECTIONS PLEASE FOLLOW THESE SIMPLE STEPS:

WHAT TO EXPECT AFTERWARDS:

Bruising varies between patients. Usually minimum bruising occurs and resolves within 2-3 days. On occasion, bruising may be more significant and last up to 7-10 days. It is normal to feel “firmness, heaviness or numbness” in the injection area(s) for the first few days after treatment. Over time, the area will soften, leaving you with a natural looking result.

- 1) Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/laser treatments or microdermabrasion after Botox injections for at least 10 days.
- 2) We encourage you to do active smiling and frowning right after Botox treatments, which helps the Botox find its way to the muscle into which it was injected after treated.
- 3) Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- 4) It can take approximately 4 to 7 days for results to be seen.
- 5) Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours

after treatment. This will keep the Botox in the injected area and not elsewhere

6) Everyone's results may vary. Certain muscle groups may paralyze first. Wait 7-10 days to appreciate final results. As with any cosmetic procedure, there are no guarantees for desired results.

7) Call us immediately if any signs or symptoms of infection or reaction and/or proceed to the nearest emergency room or call 911

8) Please share your results with us! Follow us on Instagram and Facebook. We appreciate referrals.

Renew-Revive-Reveal

Cape Cod Aesthetics, a Dalton Medical Group, LLC