



## Botox Cosmetic Treatment Instructions

Today, you have had injections with Botox Cosmetic. The purified protein will work its way into the muscles in the treated areas and you will begin to feel and see some changes in about 3 days. The full effect will be apparent after 2 weeks.

After treatment, you may experience swelling, redness, pain, itching, discoloration and tenderness at the site of treatment. This will typically last for less than a couple of hours. Additionally, although rare, red or swollen small bumps may occur for 2-3 days in some patients. If you need to apply make-up within 4 hours of your treatment, only use a gently touch to avoid rubbing the treated area

- **For 1 hour** : Exercise your treated areas (e.g. practice frowning, raising your eyebrows)
- **For 4 hours** : Remain upright, do not rub treated area. You may apply makeup.
- **Rest of day** : Refrain from strenuous physical activity, hot tub, sauna or facial, alcohol

Please book your follow up assessment at the 2 week mark, especially if this is your first Botox treatment with us. This will ensure that Carole Dagenais, RN, is able to see 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 no additional cost as long as the changes are minor. For medical reasons, your results will be photographed and documented in your confidential patient file.

BOTOX Cosmetic is a temporary procedure and at first you may find that your treatment results will last approximately 3-4 months. If you maintain your treatment appointments with the frequency recommended by Carole Dagenais, RN, the duration of each treatment may last longer than 4 months.

Botox is injected to treat wrinkles, but it also helps prevent them from developing – while the Botox is in place, try to make an effort to notice which muscles are not moving, for example the lines between the eyebrows. This gives you the opportunity to change your wrinkle-forming habits!

**Your next appointment is scheduled for:**

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## **FILLER**

### **Post Treatment Instructions**

Today, you have had injections with hyaluronic acid temporary filler to restore volume to your skin. The product has been placed carefully in the appropriate position to achieve the best cosmetic result. A local anesthetic containing lidocaine may have been used on the surface of the skin or by injection.

After treatment, you may experience swelling, redness, pain, itching, discoloration and tenderness at the site of treatment. This will typically last for less than a week. If the lips were injected, the swelling may be more significant. Arnica cream can be helpful to minimize the redness and swelling. Additionally, although uncommon, red or swollen small bumps may occur in some patients. In rare circumstances, a blood vessel may have been injected which can damage the skin.

Be aware that you must guard against infection by keeping the skin clean, especially in the first 48 hours. You may apply makeup after 12 hours, but do so gently. Avoid excessive rubbing or manipulation of the skin. Heavy exercise and alcohol is permitted after 24 hours

The gel is quite movable for the first few days – do not press on it, and try to sleep on your back. A neck pillow may assist.

For at least 2 weeks after treatment, avoid prolonged exposure to either hot (eg. Hot tubs) or cold (like snowmobiling) and prolonged direct sun exposure.

Please report any redness and/or visible swelling that persists for more than 1 week or any other symptoms that cause concern, to our office. We would like to see you 1-2 weeks after treatment in order to repeat your personal photos and assess the outcome of the injections. Additional injections may be undertaken at an additional fee.

Your new filler may take a little getting used to. Over the course of the next few weeks, it will settle into position and absorb water, improving the initial effect. Fillers usually last for 6-9 months, but they may last longer or shorter, depending on the metabolism of the patient.

Enjoy a younger, more refreshed looking face!