



BOTOX COSMETIC™ Post Treatment Instructions

1. Do NOT lie down for 4 hour after treatment.
2. Do NOT rub or massage the treated areas today.
3. No strenuous exercise, hot tubs or steam rooms for 24 hours.
4. Actively use the injected muscles by frowning, smiling & raising forehead for 4 hours.
5. The final results may take TWO FULL WEEKS to achieve full results. Please call our office at 780-459-7769 ext 1, for a post injection assessment.
6. Botox Cosmetic™ is temporary and at first your results will last approximately 3-4 months. If you return on a regular basis (every 4-6 months) you may have a cumulative effect as the muscles forget how to contract, giving you longer lasting results over time.
7. Botox Medical (sweating) will last approximately 7 months. Botox for pain management will last 4-6 months.
8. If you allow the Botox to completely wear off, it is difficult for us to assess how your muscles reacted to the last particular amount and location of injections. If you perceive problems- be reassessed TWO WEEKS after treatment.
9. Cosmetic Medical Clinic recommends your next treatment in approximately 4 months. (for Cosmetic) We can add your name to our recall list if convenient. Please let your Nurse know.
10. If you have any questions or concerns, please call the clinic at 780-459-7769 ext 2.