



## AFTER BOTOX TREATMENT INSTRUCTIONS

Your treatment has been successfully completed.

Please follow the instructions below to ensure optimal results and safety.

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### ✔ WHAT TO DO

- 🪑 Remain upright (sitting or standing) for 4–5 hours.
  - 🛌 Sleep on your back the first night.
  - 😊 Make gentle facial expressions (e.g., raise your eyebrows, frown lightly) for 1–2 hours after treatment.
  - 💧 You may gently cleanse your face after 6 hours.
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### 🚫 WHAT TO AVOID

- 🚫 Do not lie down or bend forward for 5 hours.
  - 🏋️ Avoid intense physical exercise for 24 hours.
  - 🔥 No sauna, steam, or excessive heat exposure for 24 hours.
  - 🐾 Avoid massage or pressure on the treated areas for 24–48 hours.
  - 🍷 Avoid alcohol for 24 hours.
  - 💆 Do not perform aesthetic procedures (e.g., facial treatments, eyebrow shaping) in the area for 10–15 days.
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## POSSIBLE NORMAL REACTIONS

- Mild redness at the injection sites
- Slight swelling
- Minor bruising
- Mild headache

If needed, you may take paracetamol.

Avoid aspirin or anti-inflammatory medication unless medically advised.

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## WHEN WILL I SEE RESULTS?


- ✦ Initial results appear within 3–5 days.
  - ✦ Full results develop within 10–14 days.
  - ✦ A follow-up appointment may be scheduled after 14 days if necessary.
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## DURATION OF RESULTS


- 4–4.5 months after first treatment
  - 5–5.5 months after second treatment
  - 6–8 months with regular treatments
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## WE ARE HERE FOR YOU

If anything concerns you,

 please contact us. We will evaluate it together with care and reassurance.

Communication is part of our care.

 Natural balance is always our goal.