



WRINKLE RELAXERS / BOTOX POST CARE

POST-TREATMENT CARE:

Neuromodulator injections are a safe cosmetic procedure that takes approximately 20–30 minutes in office. You will gradually see wrinkle relaxation over 3–14 days, with an average duration of 3–4 months. Treatment is at peak efficacy around 14 days and slowly decreases over an average of 3–4 months. This is the time we recommend returning for your next injections.

Bruising varies, and minimal bruising typically resolves within 2–3 days. It is normal to find small raised circles in the injected areas, this generally resolves within 15–30 minutes. Some patients experience headaches after their treatment. You may use Tylenol to relieve headaches if needed as directed.

Following your injections:

- No laying down for 4 hours.
- Do not rub or massage the treated area.
- Avoid exercise or heavy lifting on the day of treatment.
- Avoid any activity that increases heart rate on the day of treatment.
- No saunas.
- Do not get a facial, laser, or microdermabrasion immediately before or after your neuromodulator treatment.
- Avoid the sun, and wear broad-spectrum SPF daily.
- Avoid headbands or hats if the band goes around your forehead and if you received treatment in the forehead area.
- Masseter injections: no chewing gum on the day of treatment.

If you have any questions or problems not listed here, please contact Forever Young Medical Aesthetics.