



Cornerstone Dental Group

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& Associates

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Botox® Post-Treatment Instructions

- For at least 4 hours following your treatment:
 - ⇒ Do not lie on the treated area.
 - ⇒ Do not rub the treated area.
 - ⇒ If you need to apply makeup, use a gentle touch to avoid rubbing the treated area.
- For 12 hours following your treatment:
 - ⇒ Do not wear anything tight on your head: hats, toques, hairbands, swim or ski goggles, etc.
 - ⇒ If you need to clean the treated area, do not apply pressure. Use only gentle upward strokes. Gently pat the skin dry with a soft towel.
- For 24 hours following your treatment:
 - ⇒ Avoid strenuous exercise, sports or yoga.
 - ⇒ Do not take any Aspirin or drugs containing Aspirin.
 - ⇒ Do not take vitamin E.
- For one week following your treatment:
 - ⇒ Avoid saunas or steam rooms.
 - ⇒ Do not have any facial massage or therapy of any kind on your face.
- Be assured that any tiny bumps or marks will disappear within a few hours.
- Feel free to shower and go about most other regular daily activities.
- You will begin to notice the effects of Botox® in 24-48 hours. Results may take up to 14 days to reach full effect.
- Botox® is a temporary procedure; the results typically last 3-4 months. If you maintain regular treatment, the duration, over time, can last longer and longer.

Thank you, and if there are any questions or concerns, please don't hesitate to call the office.