



BOTOX Cosmetic Treatment

Aftercare

Some patients receiving BOTOX® Cosmetic report the injections feel like a pinch. You may begin to notice a visible smoothing of frown lines, crow's feet and forehead lines within 24 to 48 hours, with results lasting up to 4 months for moderate to severe frown lines in adults. BOTOX® Cosmetic is not a permanent treatment. If you discontinue treatment, the moderate to severe frown lines, crow's feet and forehead lines will gradually return.

EXERCISING TREATED MUSCLES:

Try to exercise your treated muscles for 1-2 hours after treatment (*e.g. practice frowning, raising your eyebrows or squinting*). This helps to work BOTOX® Cosmetic into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.

PLEASE DO NOT:

1. Do not rub or massage the treated areas for 2 hours after your treatment.
2. Do not do strenuous exercise for 24 hours after treatment.
3. Avoid facials or saunas for 24 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising.
4. No makeup for 24 hours and limit touching of your face.
5. Do not lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (*from your pillow*) and to avoid the risk of having the area rubbed accidentally.

CONCERNS:

1. Be assured that any tiny bumps or marks will go away within a few hours.
2. If you need to apply make-up within 4 hours after treatment, only use a GENTLE touch to avoid rubbing the treated area.
3. Feel free to shower and go about most other regular daily activities.

Kirk Larson, D.D.S. & Timothy Hedrick, D.D.S.

Family & Cosmetic Dentistry

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RESULTS OF YOUR TREATMENT:

1. Results of your treatment may take up to 14 days to take full effect.
2. Please wait until 14 days has passed before assessing if you are pleased with the results.
3. After two weeks, if there are any unbalanced results, Dr. Hedrick may need to place more product (*with an additional charge*) to fine tune/adjust your treatment result.
4. 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 Dr. Hedrick, the duration of each treatment result may last longer than 4 months.
5. Initially Dr. Hedrick sees his patients between the 3 months (*12 week*) and 4 months (*16 week*) time period. He is able to create the best clinical results for you during this period. If you allow BOTOX® Cosmetics to completely wear off, it is difficult for Dr. Hedrick to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.
6. Dr. Hedrick will need to see you again in 3-4 month. Please ensure you schedule this appointment before you leave our office today.

Your next appointment is scheduled for _____. If you have any concerns or questions, please feel free to call us at **714-870-9445**.

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