

EDEN MEDISPA & DR. LYNORE MARTINEZ
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BOTOX COSMETIC - Client Pre and Post Care Instructions

1. 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 into your muscles. (Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.)
2. Avoid taking Advil, Tylenol and Vitamin E in order to reduce the risk of bruising.
3. Do not rub or massage the treated areas for 4 hours after your treatment. Do not do Yoga or any type of strenuous exercise for 4 hours after treatment. This will minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.
4. 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.
5. Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply makeup within 4 hours after your treatment, only use gentle touch to avoid rubbing the treat areas.
6. Results of you treatment may take up to 14 days to take full effect. Please wait until the 14 days have passed before assessing if you are pleased with the results.
7. Because Botox requires a special technique in order to customize the injections to your individual muscular structure, it is important that your muscle activity recovers BUT that your skin is not creasing to the point from where you started.
8. Because Botox 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 us, the duration of each treatment result may last longer than 4 months.
9. Initially, Eden Medispa sees clients between 3 months (12 weeks) and 4 months (16 weeks). We are able to create the best clinical results for you during this time period. If you allow Botox to completely wear off, it is difficult for our medical providers to be able to see how your individual muscles reacted and therefore optimally results you face may be more difficult to achieve.
10. If you have any questions or concerns, please call Eden Medispa.

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