



NEUROTOXIN POST-TREATMENT INSTRUCTIONS

1. Try to exercise your treated muscles for the first 30 minutes after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work the neurotoxins into your muscles. Although this is thought to help, it will NOT impact your treatment negatively if you forget to do this.
2. Do NOT rub or massage the treated areas for 24 hours after your treatment. Do NOT do strenuous exercise for 4 hours after treatment. Also 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. Feel free to shower and go about most other regular daily activities.
3. 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.
4. Be assured that any tiny bumps or marks will go away within a few hours after your treatment. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area.
5. Results of your treatment can take up to 14 days to take full effect. Please wait until the 14 days have passed before assessing your treatment results.
6. Dr. Linda is able to see how your facial muscles reacted to your treatment during the follow-up appointment. If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at an additional cost. For medical reasons, your results will be photographed and documented in your confidential patient file.
7. The use of neurotoxin is a temporary procedure and, at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your follow-up appointments with the frequency recommended by Dr. Linda, the duration of each treatment result may, in time, last longer than 4 months but not more than 6 months.
8. For the first year, Dr. Linda sees his/her patients between the 3 month (12 weeks) and 4 month (16 weeks) time period. She is able to create the best clinical results for you during this period. If you allow the neurotoxin to completely wear off, it is difficult for her to be able to see how your individual muscles reacted and therefore optimal results for your face are harder to achieve. We suggest that you do not allow your neurotoxin treatments to wear off prior to your following treatment for optimal results.
9. **Dr. Linda will need to see you in 3-4 months. Please ensure you book this appointment before you leave our office today.**
10. We offer the special service of contacting you as a reminder prior to your booked appointment. If that date / time is not suitable, we will be more than happy to adjust it to fit your schedule. If you have any questions or concerns, please feel free to call us at **416-258-2551**.