



BOTULINUM TOXIN

- In the first 4 hours after injection, avoid exercise, wearing hats, or excessive touching, rubbing, or massage to the treated areas.
- Keep upright for 4 hours after injections, This is very important to minimize the possibility that the material will migrate to unwanted areas that could possibly lead to undesired results. Avoid excessive lying down and activities that require bending at the waist.
- Be assured that any small bumps or marks will go away within a few hours. When applying makeup to treated areas, only use GENTLE touch to avoid rubbing the treated area.
- You may resume taking blood thinning medications, etc. the day after your injection. **Note:** if you are taking a blood thinning medication for a medical reason, please **do not** stop taking it before or after your treatment.
- **Be patient!** Results can take a full 2-3 weeks (14-21 days) to maximize! Botox, Dysport, and Xeomin are temporary procedures. 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 your medical professional, the duration of each treatment may last longer than 4 months.

Please return within 14-21 days following treatment if: any problems arise, to address any concerns you may have, if any touch-ups are needed, or to take post treatment photos. Note: MK Maloney, RN, CANS does not administer touch-ups until 2 weeks post treatment.

If you have additional concerns after your treatment, please **text** MK Maloney, RN, CANS at (708) 228-9245 (if no response by text, then call).

BOTOX, DYSPORT, OR XEOMIN NEUROTOXIN

- ✓ Do not lie down for 4 hours following your treatment.
- ✓ Avoid any massage or pressure to treatment area/s, as this may alter the placement of the drug.
 - If you would like to reapply makeup, do so gently over the treatment area/s.
 - Do not wear a hat or visor for 4 hours post treatment, if forehead was treated.
- ✓ Refrain from heavy exercise for 24 hours.
- ✓ Contract and release the treated muscles every few minutes over the next hour.