the botox course

Neuromodulator Post-Treatment Instructions

Today you have had injections of a neuromodulator (e.g. BOTOX® Cosmetic / Dysport® / XEOMIN®). The purified protein will work its way into the treated areas, and you will begin to feel and see some changes in approximately 2-3 days. The full treatment effect is two weeks from today's treatment. We strive to create a treatment result that makes you appear smoother with reduced facial lines and wrinkles, while still looking natural. Neuromodulators are injected to relax facial muscles to treat and prevent fine lines and wrinkles.

Possible effects include: swelling, bruising, pain, redness, discolouration, itching and/or tenderness at the injection site(s). These side effects may last for a couple hours after your treatment. You may take Tylenol, if allowed by your family doctor. While it is rare, these side effects including red or swollen bumps may last for 2-3 days post treatment. Avoid wearing makeup over the injection sites for the remainder of the day, however if needed, you may apply make-up after 6 hours post treatment using gentle pressure.

For 1 Hour: Exercise the areas that were treated (e.g. practice frowning, raising your eyebrows or squeezing your eyes closed).

For 3 Hours: Remain upright (do NOT lie down) and do not rub the treated areas.

For 24 hours: Refrain from strenuous physical activity, hot tub, sauna, facials, alcohol or aspirin/Advil.

We recommend that you book your follow-up appointment for two-weeks from your treatment – you can book this upon checkout today. The purpose of the follow-up is to confirm that we have the correct recipe for your initial and future treatments, especially after your first neuromodulator treatment with us. We will take your two-week after photos at this follow-up for medical purposes.

Your neuromodulator treatment is a temporary treatment with results lasting approximately 3 months. By consistently receiving neuromodulator treatments, based on your medical professional's recommendation, overtime the results may last longer than 3-4 months and require fewer units to maintain a similar treatment result.