

Botulinum Products

POST TREATMENT INSTRUCTIONS

1. Try to exercise your treated muscles for 1 hour after treatment (e.g., practice frowning, raising your eyebrows, squinting, smiling). This helps to work the botulinum product into your muscles. Although this is thought to help, it will NOT impact your treatment.
2. Do NOT rub/massage the treated areas for 4 hours after your treatment. Do NOT do strenuous exercise for 4 hours after treatment. Also avoid facials/sauna/hot showers or otherwise over-heating for 4 hours after your treatment. This will serve multiple purposes: It will help stop you from decreasing the efficacy of the treatment as well as minimize the risk of raising your blood pressure and therefore minimizes the risk of temporary bruising. Feel free to 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. If you need to apply make-up within hours after treatment, only use a GENTLE touch to avoid rubbing the treated area.
5. Results of your treatment may take up to 14 days to take full effect. Please wait until 14 days have passed before assessing if you are pleased with the result.
6. Because botulinum products require a special technique 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.
7. Botulinum products are 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. Bennett, the duration of each treatment result may last longer than 4 months. To optimize the effect, Dr. Bennett recommends that you take a set of "selfie" pictures 2-2.5 weeks after your treatment to have a comparison to your "before" pictures taken by Dr. Bennett and sent to you. This way you can return when you are approximately 70-80% of the way back to the "before" and in time be able to extend the time between sessions as the effect will last longer.
8. Initially Dr. Bennett sees his patients between the 3-month (12 weeks) and 4-month (16 weeks) time period. He can create the best clinical results for you during this period. Please ensure you book this appointment weeks before your return for treatment date is due.