



## BLUE WATER DENTAL

### **BOTOX Post Treatment 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 **Botulinum Toxin** 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 4 hours after your treatment. Do NOT do strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment.** This will minimize the risk of raising your blood pressure and reduce 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 tiny bumps or marks will disappear within a few hours for most people. For some people, it may take a day. **If you need to apply make-up within 4 hours after treatment, only use a GENTLE touch** to avoid rubbing the treated area.
- 5. Results of your cosmetic 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 result. TMD or jaw treatment may take up to 4 weeks to evaluate the therapeutic outcome.
- 6. Dr. Sidhu needs to see you for a 2-week follow-up assessment appointment.**

YES \_\_\_ NO \_\_\_

This will ensure Dr. Sidhu can see how YOUR facial muscles reacted to your treatment. If you require more product to fine-tune/adjust your treatment results, it will be applied during this appointment at an additional cost. **Also, your results will be photographed and documented in your confidential patient file for medical reasons.**

**7. Botulinum Toxin** requires a special technique to customize the injections to your individual muscular structure; **it is important that your muscle actively recovers BUT that your skin is not creasing to the point from where you started.**

**8. Botulinum Toxin** is a temporary procedure; at first, you may find that your treatment results will last approximately 3-4 months. **However, if you maintain your treatment appointments with the frequency recommended by Dr. Sidhu, each treatment result may last longer than 4 months.**

**9. Initially, Dr. Sidhu sees his patients between the 3 months (12 weeks) and 4 months (16 weeks) to create the best clinical results for you during this period. If you allow Botulinum Toxin to wear off completely, it is difficult for Dr. Sidhu to be able to see how your muscles react and therefore, optimal results for your face can be more challenging to achieve. Please ensure you book this appointment before you leave our office today.**