

# BOTOX COSMETIC

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## *Post-Treatment Instructions*

- Avoid touching the treated areas.
- Do not lie down for 4 hours.
- Avoid strenuous exercise for at least 4 hours after treatment.
- Some clients may experience mild headache after treatment. Tylenol or Advil can be used to reduce headache
- Refrain from using active ingredients on your skin care for the next 24 hours: i.e. Retinol, Vitamin C, Glycolic Acids.
- Results can be visible as early as three days, with most patients experiencing optimal results in 14 days.
- A follow up may be recommended by your provider at two weeks when treatment is in full effect to assess results. The additional Botox/Dysport may have to be purchased at the time of the follow-up appointment.
- Cancellation policy is 24 hours prior to appointment

**NOTE:** Please delay booking Filler or Neuromodulator treatments for a minimum of 2 weeks before and after the COVID vaccine.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

*Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!*