

Date _____ Time _____



BOTOX®

DISCHARGE INSTRUCTIONS

- **AVOID** lying down for four (4) hours following treatment.
- **FACIAL EXERCISE** in the area of treatment is **RECOMMENDED** (frown/smile).
- Do **NOT** receive facials, massages, laser treatments, or microdermabrasion for fourteen (14) days after your treatment.
- **AVOID** intense exercise and sweating for the rest of the day.
- **AVOID** manual manipulation of the area for the first four (4) hours after the procedure.
- You may **RESUME** applying cosmetics the day after your treatment.
- Results from the Botox® injections will take approximately **three (3) to seven (7) days** to appear. Mild bruising and/or swelling may also be visible during this time period.
- The benefits may last **three (3) to six (6) months**, the average is four (4) months.
- Your satisfaction is important to us! We would like you to return to the office in two weeks for a **FOLLOW UP APPOINTMENT** especially after your first treatment with us. This will allow us to see how your muscles have responded to the treatment and determine if any touch-ups are needed. If you require additional Botox to fine tune your results there will be additional charges at the regular rate.
- Remember your **SUNSCREEN** every day!

BOTOX® FOR HYPERHIDROSIS

- The treatment may feel sore or tender for the first 12 hours.
- Results should be evident within **seven (7) days**. Although the treatment may not completely eliminate sweating at the treatment site, the expectation is that it should be greatly reduced. Sometimes an additional treatment is required to achieve optimal results.
- Keep the area clean. You may use antiperspirants twelve (12) hours **AFTER** the treatment or when the skin has recovered from the injections.
- **AVOID** vigorous exercise or extreme heat for 48 hours after treatment.
- Treatment results are expected to last **seven (7) to twelve (12) months**. Once the BOTOX® wears off, your condition will return to its previous state as there is no permanent effect on your condition with this treatment.

Please contact Minnie Street Aesthetics at (507) 254-7072 if you have any questions, concerns, or compliments regarding your treatment.