

Radiance

BOTOX, DYSPORT & JEUVEAU HOME CARE INSTRUCTIONS

- Do not massage or rub the treated area. Please be gentle with cleansing, applying makeup or products today.
- No aerobic exercise the day of your treatment.
- Avoid lying down for at least 4 hours after treatment. If you are going to take a nap please prop yourself up and don't put pressure on area/areas that were treated.
- Refrain from getting a massage for 7-10 days after your treatment.
- You can contract the treated muscles a few times today. We are unsure if this expedites the uptake of the Botox but you are welcome to perform this if you would like or have in the past. If you forget to do this, don't worry, the product will still work.
- The effects of the above products can begin around day 3 and increase through day 10. Final result usually seen on day 14.
- Please apply a sunscreen with an SPF of 30 to the treated area for 24-48 hours after your treatment.
- No waxing in the treated area for 1 week after your treatment.
- Do not use your Clarisonic or other cleaning brushes in the treated areas for 48-72 hours.
- If you choose to do a body cleanse or detox following treatment, know that results of treatment may not last as long as expected due to removal of toxins.
- Please make sure you have scheduled your 2 week post check-up if this is your first Botox treatment with us. At 2 weeks we can add to your original dose in the treated area/s. If you do not come in for your 2 week follow-up please know that we will not touch up your treatment if your treatment was over a month ago.

- **It is very important that you call us with concerns. Any adverse reactions need to be reported to us immediately.** A follow-up for reactions will be necessary within 2 weeks of the treatment date. 608-240-0088 (during business hours) or 608-513-8699 (RN, Anne Pientka, after hours)
- Call to schedule your next treatment at 608-240-0088. The majority of people space their treatments out every 3-4 months.

Skincare products that partner well with Neurotoxins & are available at Radiance:

- ZO Firming Serum~ A serum that visibly tightens and firms the skin while defending from free radical damage!
- Revision Revox 7~ A Specialty product that includes seven different peptides to reduce the appearance of seven different expression lines around the eyes, forehead and mouth!
- Radiance Age Defying Retinol Serum~ Concentrated retinol serum transforms skin for an even, clear, younger looking complexion.

Other Complementing Services to Consider:

- **Genius RF Microneedling**
<https://radianceskintherapy.com/skin-essentials/genius-rf-microneedling/>
- **Photorejuvenation: IPL**
<https://radianceskintherapy.com/skin-essentials/ipl/>
- **Injectable Fillers**
<https://radianceskintherapy.com/injectables/fillers-madison/>