



Dream Aesthetic
by Dr. Ortiz

YOUR POST CARE INSTRUCTIONS

BOTOX

To ensure the best results and minimize side effects after your Botox treatment, please follow these important instructions:

For 2 days before and 1 week after your treatment:

- Caci / micro-current beauty treatments
- Micro-dermabrasion
- Electrolysis
- Laser or ablative skin treatments
- Do not shampoo hair or get a scalp massage
- Do not wear tight headwear (e.g., caps, hairbands)
- Do not lie on the treated area or lie flat
- Do not apply pressure while cleansing your face — use gentle strokes only
- Do not remove eye makeup
- Do not engage in facial massage or any other facial treatments
- Do not exercise or practice yoga
- Do not take blood-thinning medications like Ibuprofen or Aspirin
- Do not take Vitamin E supplements
- Do not consume excessive alcohol

Avoid flying for 48 hours post-treatment.

It's normal to experience:

- Mild itching
- Tenderness at the injection site

Botox takes up to **14 days** to fully take effect and may appear uneven while settling. Avoid other facial treatments during this 14-day period.

Contact us immediately if you notice:

- Severe pain
- Abnormal bruising
- Skin color changes such as red or purple patches

FOLLOW-UP:

For best results, Botox should be maintained with regular treatments.

Be sure to attend your **14-day follow-up** appointment so any necessary adjustments can be made.

📞 **Call us at (346) 539-2104** to book your follow-up or if you have any questions or concerns.

