

Botox and Jeuveau Key Aftercare Instructions

Thank you for choosing us for your recent treatment. For optimal results and a comfortable recovery, we kindly ask you to follow these important aftercare instructions:

- **Posture Caution:** Maintain an upright position for at least 3 hours following your treatment.
- **Activity and Heat Exposure:** Avoid facials, massages, saunas, and any strenuous exercise for the remainder of the day. Also, refrain from lying down or leaning forward for 3 hours post-treatment.
- **Treatment Results Timeline:** The full effects of Botox® typically manifest within 14 days, while Jeuveau® may show results as soon as 3 days to 1 week. Please allow a full 14 days before evaluating the effectiveness of the treatment.
- **Site Care:** Avoid touching or rubbing the injected sites for 2-4 hours following treatment. This helps in ensuring optimal results.
- **Bruising and Bumps:** A slight chance of bruising or the appearance of tiny bumps at the treatment site is normal and temporary. These should resolve within a few hours to few days.
- **Treatment Longevity:** Initially, the effects of Botox®/Jeuveau® Cosmetic may last around 3-4 months. Regular follow-up treatments as recommended can potentially extend the duration of the results.

If we've been able to make a difference for you, we want you to know that you have the power to help us make a difference for even more people.

Your honest feedback not only helps us improve, but it also allows us to reach others who could benefit from the care we provide. By sharing your experience, you're helping us enhance the lives of more patients.

- **Leave a Google Review:** [[Google Review Link](#)]
- **Check in on Yelp:** [[Yelp Check-in Link](#)]

Thank you for trusting us, and for being part of our mission to improve lives through exceptional care.

Warm regards,

Aloha Aesthetics MD