



FACE

youareface.com

Neurotoxin

AFTERCARE

Must Do:

- Repeatedly contract muscles in treated areas for 4 hours post-treatment.
- Keep the treatment area(s) clean and minimize contact for at least 12 hours.

Avoid:

- Rubbing or massaging injection sites for 24 hours.
- Applying prolonged pressure to treated areas for 24 hours.
- Strenuous activities, heavy lifting, alcohol consumption, and sun exposure for 24 hours.
- Sleeping on the treatment area for one week.
- Tretinoin, retinol, retinoids, glycolic acid, peels, or skin-sensitizing products in the treatment area for one week.

Reminder:

- It can take approximately 14 days to see the final results.
- Contact the office immediately with any questions or concerns.

Visit [youareface.com](https://www.youareface.com) for more information.