



مركز كايلا للتجميل الطبي  
Kayla Medical & Aesthetic Centre

## Botox Treatment – After Care Instructions

### Kayla Medical Center

Al Warqa 1, Dubai

+971 52 442 9032 | +971 56 504 2107

### Why After Care Is Important

Proper after-care after Botox treatment helps ensure optimal results, reduces side effects, and allows the medicine to settle correctly in the treated muscles.

### First 24 Hours – Important Instructions

- Do not massage, rub, or touch the treated area.
- Avoid lying down or bending forward for at least 4–6 hours after treatment.
- Avoid makeup application on treated areas for 24 hours.
- Do not exercise, gym, or perform heavy physical activity.
- Avoid heat exposure such as sauna or steam.

### What to Avoid for 24–48 Hours

- No facial massage, threading, waxing, or facial treatments.
- Avoid alcohol and smoking if possible.
- Avoid excessive sun exposure or heat treatments.
- Do not sleep face down on the treated area.

### Medications & Care

- Take only medicines prescribed by your doctor.
- Avoid blood-thinning medications unless advised.
- Mild headache, redness, or swelling may occur and is temporary.

### Normal Side Effects

- Mild redness, swelling, or bruising at injection sites.
- Temporary tightness or heaviness in treated muscles.
- Mild headache or discomfort may occur.

### Results & Follow-Up

- Results usually begin to appear within 3–7 days.
- Full results are visible within 10–14 days.
- Follow-up appointment may be advised if required.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_



+971 4 340 0154



kayla.alwarqa@gmail.com



Al Warqa'a 1  
DUBAI UAE



Pobox : 455 526 Dubai