

What to expect

DAY 1: Nothing has changed... If I have a headache or discomfort, I'll take paracetamol.

DAY 2-7: My muscles are relaxing so I have a transient feeling of heaviness.

DAY 14: Wow I can see the full effect, now my wrinkles can start to fade.

My post treatment checklist

- Do not ice the treated area.
- Stay upright for 4 hours
- Cancel my gym class - avoid strenuous exercise for 24 hours
 - No excess alcohol for 12 hours
 - Don't sleep on my face for the first night
- Avoid anti-inflammatories for 24 hours to reduce the risk of bruising
 - Go all-natural for 12 hours - no makeup on the treated area
- No massaging or firm pressure on the treated area for 1 week.
 - Avoid further facial treatments for 2 weeks

Red Flags

- Droop of eyebrow or eyelid
- Puffy eyes
- Abnormal smile
- Asymmetric or unusual movement
- Visual problems
- Severe pain
- Hot, red, tender lumps