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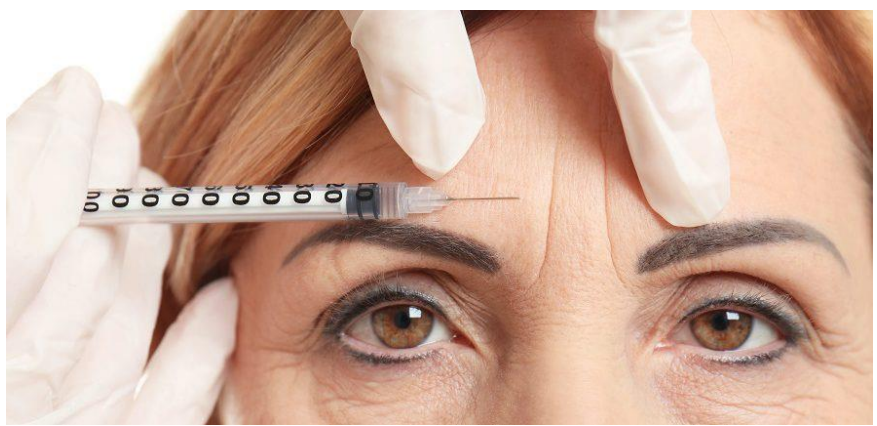
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# First-Time Botox Guide

*(What to expect at our practice)*

If this is your first Botox treatment, you're not alone. Many patients feel excited — and a little nervous. Our goal is to make your experience **comfortable, educational, and completely natural-looking.**



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## **Our Philosophy: “Relaxed, Not Frozen”**

At our practice:

- We prioritize **subtle, balanced results**
- We treat based on **your facial anatomy**, not a one-size-fits-all pattern
- We use the **lowest effective dose** for natural movement
- We focus on preserving your ability to express yourself

You will still look like you — just more refreshed.

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## **Step 1: Personalized Consultation**

Before any injections, we:

- Review your medical history
- Discuss your goals (softening vs prevention)
- Evaluate muscle strength and movement patterns

- Identify asymmetries (everyone has them!)
- Explain realistic expectations

We often ask you to:

- Frown
- Raise your eyebrows
- Smile
- Squint

This helps us map exactly where treatment is needed.

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## **Step 2: Customized Treatment Plan**

For first-time patients, we often:

- Start conservatively
- Avoid overtreatment
- Focus on 1–2 key areas first (most commonly frown lines and forehead)

You can always add more at a follow-up visit — but we cannot “undo” too much Botox immediately. Conservative dosing is intentional.

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## **Step 3: The Injection Visit**

- Takes about **10–15 minutes**
- No anesthesia needed (tiny needle)
- Feels like small quick pinches
- You can return to work immediately

Most first-time patients say:

“That was much easier than I expected.”

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## **Step 4: Aftercare & Timeline**

- You may see small bumps for 20–60 minutes
- Mild redness or tiny bruises are possible
- Results start in **3–5 days**
- Full effect at **10–14 days**

We encourage first-time patients to:

- Wait the full 14 days before judging results
- Contact us if you have questions

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## **Step 5: Follow-Up (If Needed)**

For first-time Botox patients, we often offer:

- A **2-week check-in**
- Small adjustment if needed
- Education about long-term maintenance

This helps fine-tune your personal dosing pattern.

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## **Common First-Time Questions**

### **Will my eyebrows drop?**

When injected properly and balanced correctly, brow drop is uncommon. We evaluate your muscle strength carefully before treating.

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### **Will I look unnatural?**

Our goal is **softening, not freezing**. We avoid over-treatment, especially for first-time patients.

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### **What if I don't like it?**

Botox is temporary. Effects gradually wear off in about 3–4 months.

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### **When should I start Botox?**

Some patients start preventively in their late 20s–30s. Others begin later to soften established lines. There is no “right” age.

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## Is it better to start early?

Starting before deep lines form can reduce how etched they become over time — but treatment is always individualized.

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## **First-Time Botox Tips**

- Avoid heavy workouts the same day
  - Stay upright for 4 hours
  - Don't massage treated areas
  - Be patient — results build gradually
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## **Our Approach in One Sentence**

Thoughtful dosing, precise placement, natural movement.