



POST - TREATMENT INSTRUCTIONS

Botox

It is recommended that you follow these guidelines following your procedure to minimize adverse effects or undesirable outcomes.

- No straining, heavy lifting, vigorous exercise for 24 hours following treatment. It is now known that it takes the toxin approximately 2 hours to bind itself to the nerve to start its work. We do not want to increase circulation to that area to wash away the Botox® from where it was injected.
- Avoid manipulation of the area for 3-4 hours following treatment in order to avoid dispersing the toxin to undesirable areas. This includes applying makeup that requires manipulation or rubbing of the skin in the treated area. It is best to wear no makeup or lipstick until the next day. In addition, do not have a facial, peel, or micro-dermabrasion after treatment with Botox®.
- You may use ice packs after the procedure to help with pain, bruising, and swelling. You may also take Tylenol for any discomfort, but do not take Ibuprofen or Aspirin, which may increase bruising.
- Sit up for the first 4 hours after getting Botox. Bending or lying down might spread the toxin and promote bruising.
- Wait at least 24 hours after your injection before consuming alcohol to minimize bruising in the treated area.
- Avoid prolonged sun exposure for 24 hours. The heat can promote flushing and increase your blood pressure, which may encourage bruising. It's also best to avoid other forms of heat exposure, such as: tanning bed, hot tub, hot showers, or saunas.
- It can take 2 -14 days to take full effect. We will schedule a follow-up appointment 2 weeks after the initial procedure to assess the effectiveness of the initial treatment and decide if any enhancements are necessary or desired.

Call us immediately or seek medical attention if you notice any of the following effects: trouble swallowing, difficulty speaking, difficulty breathing, poor bladder control, or vision changes.

Please call us if you have any questions or concerns.
(205) 663-6246