

## Botox Post Care Instructions

1. We would like to see you 2 weeks post treatment. This will allow us to assess the results with photographs and perform a brief “touch-up” should that be necessary.
2. Cold compresses may be used 10 minutes on, 10 minutes off to reduce swelling 2-3x per day during the 1st 1-2 days if needed.
3. You **MUST** keep your head UPRIGHT for at least 4 hrs after injection.
4. Makeup: It is recommended that you wait 12 hours after the treatment before applying make-up.
5. Try to exercise your treated muscles for about 2 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work Botox Cosmetic® into your muscles. It will NOT negatively impact your treatment if you don’t do this.
6. -**Do NOT** lie down for 4 hours after treatment. Also Do NOT lean forward, shower, cook over a hot stove.  
-**Do NOT** massage or apply pressure on the treated area for 6-8hrs after treatment since Botox may migrate to other areas and cause an undesired effect.
7. -**Avoid** yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the 1st 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of the injection.  
- **Avoid** facials and saunas for 24 hours after treatment since this will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising.  
- **Avoid** taking Advil, Vitamin E, Ginger, Ginko Bilboa, Ginseng, and Garlic, Fish Oil, for 2 weeks since this may increase the risk of bruising. You may shower and do most other regular daily activities.
8. **Headaches** are common. Botox is even used to treat headaches. However, if you have a headache we recommend you avoid aspirin or aspirin containing products. You may opt instead to use Motrin, Tylenol, and/or cool compresses. If headaches continue or worsen, contact your physician.
9. Note that any **bumps or marks** will go away within a few hours. If you do develop a bruise it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.
10. Results of your treatment **may take up to 14 days** to take full effect although many people will recognize the benefits 3-5 days after treatment.
11. Botox Cosmetic® is a temporary procedure. In most people the benefits of Botox last about 6 months. Sometimes a few wrinkles may start to return in 2-3months. The effectiveness of Botox will last longer with successive treatments. If you allow Botox Cosmetic® to completely wear off, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_