



Botox

Post Treatment Instructions

- For the first 4 hours following Botox, remain upright and periodically perform facial movements in the areas of injections in order to work the Botox into the muscle - e.g., smile, squint, etc.
- Do not rub, massage or manipulate the injection sites for 48 hours after injection.
- Do not take Ibuprofen, aspirin or vitamin E for 24 hours after injection. Tylenol may be taken for any discomfort of headaches.
- Make-up may be applied gently, remember to wipe up and away from your eyes or brows.
- Avoid herbal supplements such as Ginkgo, green tea and anti-inflammatories of any kind for 2 weeks following treatment to limit bruising.
- Irritating products (ie. retinols, hyaluronic acid) should be avoided for 24 hours following Botox.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 4 hours (it takes approximately 4 hours for Botox to bind to the nerve and you do not want to increase circulation during that time).
- If your upper lip was treated you will not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks. Using/taking Arnica may help diminish bruising.

- Effects of Botox aren't usually visible until at least three days after the injections, but it may take up to 12 days for Botox to take full effect.
- Schedule your next appointment once you see the muscles beginning to gain movement again. Re-treatment is typically needed between 2-6 months. Regular injections usually yield a longer lasting Botox result.
- A follow-up visit at 10 days to 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first time client. If full correction is not achieved, additional Botox may need to be purchased.

The settling of Botox may happen non-uniformly, giving the appearance of an uneven treatment. This will most often resolve itself as the Botox continues to take effect. If it has not, please schedule a follow up consult.