

BOTOX POST-CARE INSTRUCTIONS

Botox injections don't require any recovery time. Therefore, you won't have to take off work or school. You can resume your usual activities right after.

- Use the muscles injected with Botox® for the first 2 hours following treatment
- Do not touch or rub the injections sites
- You may notice some bruising or bumps at the treatment sites, they will resolve in 20 minutes
- You received a Botox injection in your face, take a break from makeup for 24 hours. Applying makeup will rub the skin, potentially dispersing the toxin – beyond the treatment area.
- Avoid exercise and sweating/Sauna for the rest of the day
- Do not lie down or lean forward or straining for at least 4 hours after the procedure.
- Do not take Ibuprofen, Motrin®, Advil x 12 hrs after the procedure
- Before getting Botox, you should avoid alcohol for 24 hours. Alcohol increases the risk of bruising!
- This holds true after the procedure, as well. Wait at least 24 hours after your injection before consuming alcohol.

When to see a doctor

After getting Botox, it's typical to have some redness, tenderness, mild bruising & swelling. These side effects usually disappear in 1-2 days.

Bruising is common around the eyes. You can gently apply an ice pack for relief. The bruising should go away in about 1-2 weeks.

But if you notice any of the following effects, get medical help only if:

- Facial muscle weakness/ drooping
- trouble swallowing
- difficulty speaking – slurred speech
- difficulty breathing
- poor bladder control
- vision changes

Although these side effects are rare, they warrant immediate medical attention.

Always we recommend you schedule your follow up 10-14 days after injection, so that the clinician can assess your results.

Your signature below confirms you have received these post care instructions, have read & understand the above instructions.

Patient Sign: _____

Date: ____/____/____

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