



## **Post-Treatment Instructions for Botox Cosmetic**

- Avoid any massage, pressure or touching of the treatment area(s) for 4 hours after your Botox treatment. These activities may alter the placement of the Botox causing undesirable results. This includes facials, waxing and massage.
- If you would like to reapply makeup, do so gently over the treatment area(s) and avoid the forehead area over the eyebrows.
- Do not lie down for 4 hours following your treatment.
- Do not wear a hat or visor for 4 hours post-treatment, if forehead was treated.
- Avoid vigorous exercise, activities that might displace the Botox (yoga), sun exposure and alcohol for 24 hours after your treatment.
- Rarely, some people may experience bruising in the area of the injections. Bruising typically resolves in 7-10 days. However, oral and/or topical Arnica will help clear bruising faster. You may purchase Arnica cream and homeopathic tablets from our offices.
- Though discomfort following your Botox treatment is rare, acetaminophen may be taken.
- Contact us immediately if you experience any side effects or complications including persistent redness, swelling, or warmth around the injection site(s).
- If a drooping eyelid develops after treating the glabella (area between the eyebrows) call us immediately to be evaluated and begin eye drops to restore eyelid function. Additional measures are also prescribed to protect eye until function is restored.
- Because we want you to have the **VERY** best results with your Botox Cosmetic treatment, we will have you come back in two weeks for us to evaluate the area(s) treated and make any necessary refinements to provide you with the best possible results and the longest lasting effect.

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