

POST BOTOX TREATMENT

Always arrive make-up free with a clean face to your appointment.

Remain upright for 4 hours after injection (you may lie in a reclined position, just do not lay flat or on your side.

Do not wear a headband or hat where the band goes across your forehead if you have had injections between the brows or in the forehead

Refrain from aerobic exercise that increases your heart rate greatly (running, swimming, bicycling, etc...) for 24 hours following injections. Walking or other low impact forms of exercise are fine

Do not massage or manipulate injected areas for 24 hours after injections. Washing your face and applying make-up is fine. Please avoid using a Clarisonic facial cleanser, have a facial, put your face in a massage cradle, or be face down in a chiropractor's chair for 24 hours following the injection.

Refrain from using ibuprofen, aspirin, fish oil supplements, Tumeric, or vitamin E for 24 hours following injection

If bruising appears, apply ice to area for 15 minutes every hour to decrease bruising

The most common side effect is headache with Botox injections. You may use Tylenol to relieve this. If you are a chronic headache sufferer and have prescription headache medication, you may take it as prescribed by your doctor.

Botulinum Toxin will gradually take effect over 7-10 days with optimum result at 2 weeks. If this is your first Botox injection, we recommend scheduling a follow up appointment 2 weeks after your injection.

Please call the office if you have any questions or concerns.