



# Summit Wellness Group, SWG, PLLC

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## INSTRUCTIONS AFTER BOTOX INJECTIONS

- 1. Dressing:** No dressings are required following Botox treatment. Do not apply an icepack or massage the injection sites. Any remaining dry blood spots should be gently wiped off with ice water on a cotton swab in sweeping motions away from your eye.
- 2. Position:** Try to sleep on your back the first night following Botox treatment so that you avoid compressing the facial areas injected with Botox. Similarly, avoid pressing over the areas treated with Botox immediately after treatment. Compression of any sort can result in the Botox migrating from the area injected, and consequently, not acting on the desired muscle. Also, avoid lying down until bedtime the day of Botox injection.
- 3. Activity:** You may return to routine daily activity or your job immediately following Botox treatment. However, you should avoid exercising for 24 hours. This is because exercise will increase the blood flow to the facial region which may then draw the Botox out and into circulation; this will result in less effective relaxation of the targeted muscles
- 4. Driving:** You may drive immediately following Botox treatments.
- 5. Ice Packs:** Icing is not recommended as this will result in unnecessary compression of the areas treated.
- 6. Exposure to sunlight:** You may expose yourself to limited sunlight immediately following treatment.
- 7. Final Appearance:** You may notice drastic improvement in facial muscles as early as 36 hours following Botox treatment. Maximum effects will be observed 14 days following Botox injection.
- 8. Post-Injection follow-up:** We recommend following up in 2 weeks after your initial treatment so we can make sure you are happy with your treatment. If you are satisfied with your future treatments, you do not need to follow up unless you would like. You may repeat treatments every 3 to 6 months.
- 9. Questions?:** Please feel free to call us if you have any further questions. 970-408-1981.

