

botox after care

instructions

- You may begin to see results in the next 2-3 days; however, maximum effectiveness of your treatment may not be for 2 weeks. Typically, your results will last approximately 3 months.
- Specific results will vary from person to person.
- Do not lie down or bend over for approximately 4 hours following your treatment.
- Avoid any massage or direct pressure to treatment area for 2 weeks. Avoid hats and visors for 2 weeks.
- Refrain from heavy exercise for 24 hours after treatment. Any exercise that does not make you sweat is okay.
- Avoid make-up or skin care products on the areas you had injections for 12 hours.
- Contracting and relaxing the muscles treated periodically for the first hour after treatment may help absorption of the Botox into your muscles.
- Avoid consuming alcohol, Motrin, Ibuprofen, Advil, Aleve, Naproxen, Aspirin, Vitamin E and Fish Oil for 24 - 72 hours before and after your treatment. If these are not avoided, your risk of bruising is greatly increased.
- Avoid UV exposure until all redness has subsided. Avoid extreme cold and heat exposure for 48 hours after injection.
- Wait at least 2 weeks before receiving any skin care treatments to treated areas.
- Short term side effects of Botox may include discomfort, bruising, redness, or irritation at the injection site. A mild headache is experienced by some people.
- Should you develop chest pain, difficulty breathing or swallowing, lip or tongue swelling, or other life-threatening symptoms, call 911 immediately.