

Post Injectable Botox Instructions



- Avoid lying flat or on your face for 6 hours after receiving injectable botox.
- Avoid using makeup for 12 hours post injection.
- Avoid harsh facial cleansers, exfoliants, facials and medicated face creams for at least 24 hours after receiving botox.
- Avoid vigorous exercise, as sweating could introduce bacteria into the injection sites, increasing the risk of infection.
- Do not shower or expose your face to hot steam for 6 hours post treatment. This will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising.
- Avoid extensive sun or heat exposure and alcohol consumption for 24 hours after treatment. This may cause temporary redness, swelling and/or itching at the sites of injection.
- Do not massage or apply pressure (no tight fitting headwear, such as headbands or hats) on the treated areas for 6-8 hours after treatment, since botox may migrate to areas of undesirable effectiveness.
- You may notice some common symptoms post injection, such as: mild inflammation (swelling), redness and tenderness near the injection sites for 48 hours after receiving (these symptoms may last longer if you have recently been taking Ibuprofen or similar medications). -Bruising is common and will resolve like other bruises, typically in 1 week or less but could last longer if you have recently been taking medications that would increase bruising. -Headaches are also common post injection. If you have a headache, we recommend you avoid aspirin or aspirin containing products and Advil/Ibuprofen. You may opt instead to use Tylenol and cool toilette. If headaches continue or worsen, contact the office.
- It can take up to 14 days to take full effect. It is recommended that you call the office no later than 2 weeks after treatment if desired effect was not achieved and no sooner to give the toxin time to work.
- Botox results are temporary. In most patients the benefits of botox last anywhere from 3-6 months. You may begin noticing the reappearance of a few wrinkles around the 2-3 month mark, following botox injections. We recommend scheduling your next botox injection appointment in 3 months from the last treatment date, as the effectiveness of botox will last longer with successive treatments.
- Initially, the provider may want to see 2 weeks after receiving botox for a brief "touch up". If you have never received botox or if previous botox results have fully worn off prior to exam, it is more difficult for the provider to see how your individual muscles will react and therefore optimal results for your face may require follow-up visits with additional injections to achieve your desired results.