

# Botox After Care Instructions

You should 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 areas for 24 hours. This may alter the placement of the medication (this means no ice packs, hats or visors).

Refrain from heavy exercise for 24 hours after treatment. Avoid make-up for 12 hours in the areas where you had injections, Avoid skin care products for 24 hours in the areas where you had injections.

Contract and relax the muscles treated periodically for the first hour after treated.

Avoid consuming alcohol, Motrin, Ibuprofen, Advil, Aleve, naproxen, aspirin, vitamin E and fish oil for 24 hours before and after treatment. Short term side effects may include discomfort, bruising, redness, or irritation at the injection sites.

Avoid UV exposure until redness has subsided. Wait at least one week before receiving any skincare treatments to treated areas. Avoid extreme cold or heat for 48 hours after injections.

Postpone any dental procedures for 2 weeks after treatment.

Should you develop chest pain, difficulty breathing, or other life threatening symptoms, call 911 immediately.