

## BOTOX POST-PROCEDURE DETAILS

### WHAT TO EXPECT

- ≡ You may experience a mild amount of tenderness or a stinging sensation following injection
- ≡ Redness and swelling are normal. Some bruising may also be visible.
- ≡ Stay in a vertical position for four hours following injection. DO NOT “rest your head” or lie down; sit upright for about 4 hours.

### RECUPERATION + HEALING

- ≡ Wait a minimum of 24 hours (or as directed by your provider) before receiving any skin care or laser treatments.
- ≡ You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- ≡ You may apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- ≡ Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.

### AVOID THE FOLLOWING

- ≡ AVOID placing excessive pressure on the treated area(s) for the first few days; when cleansing your face, or applying makeup, be very gentle.
- ≡ AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- ≡ AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.

### CONTACT OUR OFFICE IF YOU EXPERIENCE:

- ≡ Signs of infection (increasing swelling, pain, heat or surrounding redness) or if the treated area appears to be getting worse.
- ≡ Significant pain that is not relieved by the recommended pain medication listed in recuperation and healing section.
- ≡ Significant asymmetry after about 7-10 days.
- ≡ Droopy eyelids and your vision is impaired.

### FOLLOW UP

- ≡ 6-12 months after each treatment for maintenance injections.