

FaceLove

FACIAL PLASTIC SURGERY
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Botox® Aftercare Instructions

You may resume your normal activities and routines immediately, but AVOID exercise or strenuous activities for the remainder of the treatment day.

Stay in a vertical position for 4 hours following injections. That is, do not lay down, or “rest your head.”

OPTIONAL: Try to exercise the treated muscles (frowning, squinting, raising eyebrows) for an hour after treatment to help work Botox® into the those muscles.

You may begin wearing makeup immediately, as long as any pinpoint bleeding from the injection sites has subsided.

A mild amount of tenderness or stinging at injection sites is normal following injections. You may take Tylenol (Acetaminophen) if you experience any mild tenderness, discomfort, or headache over the next 24 hours.

Redness, swelling, and bruising are normal, and applying ICE or a cold gel pack to the treated areas will help reduce these symptoms faster.

If you have some bruising, do not worry: it is only temporary, can be covered with makeup, and typically fades away within a week.

Avoid sun exposure or tanning until any redness or swelling has subsided. Always wear SPF 30 (or greater) sunscreen.

Wait 24 hours before receiving any skin care or laser treatments to the face.

Remember:

The weakening effect of Botox® begins anywhere from 3-7 days after the treatment, and optimal results are not seen for at least 2 weeks after the treatment.

Botox® will last 2-3 months after the first treatment; however, with regular treatments, each treatment will likely continue to last longer, leading to fewer treatments per year!

We urge you to call to schedule your next Botox® injection appointment 2-3 months from now. Feel free to bring a friend!

Call 866-574-1986 to schedule your next appointment or if you have any questions.