

## **BOTOX POST-INJECTION INSTRUCTIONS**

1. **REST:** It is important that you not participate in any aerobic or physical activities after you receive BOTOX injections as any increase of blood flow to the face may alter the affects of the BOTOX.
2. **ICE:** DO NOT apply ice to the face after BOTOX injections.
3. **SWELLING:** Some patients experience a small amount of swelling at the injection sites following BOTOX treatment that resolves over a few days.
4. **BRUSING:** The amount of bruising varies from none to a small amount and it depends mainly on the individual patient. The length of time it takes for any bruising to disappear is basically the same as the time it takes for bruises to resolve elsewhere on your body. Be sure to tell me if you have a history of bruising easily or bleeding excessively.
5. **MASSAGE AND FACIALS:** It is important to remain upright for at least four hours after BOTOX injections. This prevents migration of the Botox.

The areas treated should **NOT** be massaged, but you **SHOULD** use the muscles treated for three to four hours after injection to encourage the nerve-endings of the muscles to take up the Botox.

**DO NOT** take a nap or go to sleep immediately after BOTOX injections.

6. **MAKEUP:** Cosmetics may be applied after BOTOX injections.
7. **BATHING:** You may take a warm shower or bath after BOTOX injections. **DO NOT** take a hot shower or bath as an increase in blood flow to the face may alter the affects of the BOTOX. It is also recommended that you avoid sitting in a hot tub or steam shower during the evening after your BOTOX injections.
8. **OTHER:** If you have any questions or problems, please phone 936-539-8115.