



Botox Pre & Post Care

- This treatment is not recommended if you have an important event within 2 weeks of injection due to potential for bruising.
- Avoid herbal supplements such as Ginkgo, green tea and anti-inflammatories of any kind for 2 weeks before and following treatment to limit bruising.
- For the first 5-6 hours following Botox, remain upright and periodically perform facial movements in the areas of injections in order to work the Botox into the muscle - e.g., smile, squint, etc.
- Do not participate in activities that include heavy lifting, vigorous exercise or straining for 2-3 hours (it takes approximately 2-3 hours for Botox to bind to the nerve and you do not want to increase circulation during that time).
- Do not rub, touch, or manipulate Botox for 6 hours.
- Avoid irritating products for 24 hours following Botox.
- Make-up may be applied gently before leaving the office, remember to wipe up and away from your eyes or brows.
- Bruising in the area injected is normal and often expected, especially if treated around the eyes. Bruising can last up to several weeks. Using/taking Arnica may help diminish bruising.
- It may take up to 12 days for Botox to take full effect.
- A follow-up visit at 10 days to 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first time client. If full correction is not achieved, you will need to purchase additional Botox for injection.
- Re-treatment is typically needed between 2-6 months.
- Regular injections usually yield a longer lasting Botox result.
- If your upper lip was treated you will not be able to drink through a straw, whistle, or enunciate some words for approximately 2 weeks.
- Although rare, infection in the injected area is possible.
 - Signs of infection may include redness and tenderness in the infected area and fever.
 - Should you develop an infection, antibiotics may be necessary.
 - Please contact us should you have any concerns.
- If you have ANY questions or concerns, please call our office during business hours.