



## BOTULINUM TOXIN (BOTOX) Post Care Instructions

### DURING THE NEXT FOUR HOURS:

- Keep head upright; **do not** lie down or bend over for **four** hours after injection. This includes no exercise such as yoga, pilates, swimming, running, etc.
- **Do not** rub or manipulate treated area four hours after treatment. This may lead to diffusion of the toxin to adjacent areas and cause an undesired effect.
- You do not have to express or move your muscles more than usual today. Just go about your day as usual. There have been no medical studies proving that over expression of your muscles helps the Botox work better.
- You do not need to ice the treated areas. You can cleanse, moisturize, and apply sunscreen and make-up as usual.

### WHEN WILL IT START WORKING & HOW LONG DOES IT LAST?

- Botox starts working between 3-7 days after injection, at which point your muscles might feel a little different as they become less responsive when you try to contract them.
- Botox reaches its peak effect at 2 weeks. This is the optimal time to schedule to come into the office to have the doctor check your results.
- The effects of Botox gradually diminish over 3-4 months. Schedule your next appointment 3-4 months from today.
- If you continue getting Botox treatments done every 3-4 months for two years or more, studies show that your muscles may require fewer injections to maintain the same result or you may notice longer duration of effect.

### ARE THERE ANY COMMON SIDE EFFECTS?

- A tiny bruise might occur at one of your injection points. It is okay to apply cover-up to the area until the bruise resolves. Bruising is more likely to occur if you regularly take medications that thin the blood. These medications include: aspirin, warfarin, Plavix, fish oil, vitamin E, NSAID's (Motrin, Advil, Aleve), garlic, ginseng, or ginkgo biloba.
- If this was your first Botox treatment ever, up to 15% of patients might feel a small tension headache after their first treatment. It is okay to take ibuprofen (Advil, Motrin) to relieve this.

If you have any questions, please do not hesitate to call 313-884-9100.