



Botox Post-Op Instructions

Congratulations on your Botox treatment! To help you achieve the best possible results and ensure a smooth recovery, please follow these important aftercare instructions.

DO NOT TOUCH YOUR FACE!

This is the most crucial instruction. For at least 4-6 hours after your injections, and preferably for the rest of the day:

- Avoid touching, rubbing, or massaging the treated areas. This includes applying pressure, picking, or scratching. Touching the injection sites can cause the Botox to spread to unintended muscles, leading to unwanted side effects like drooping.
- If you need to cleanse your face, do so very gently with a mild cleanser and light dabbing motions. Avoid vigorous scrubbing or pressure for at least 24 hours.

Immediate Post-Injection Care (First 4-6 Hours):

- **Stay Upright:** Remain upright for at least 4-6 hours after your injections. This means no lying down, bending over significantly, or inversions (like in yoga). Staying upright helps the Botox settle precisely into the targeted muscles.
- **Avoid Strenuous Exercise:** Do not engage in any strenuous physical activity or exercise that increases your heart rate for at least 24 hours, and ideally 48 hours. This includes cardio, weightlifting, intense yoga, or anything that causes significant sweating or increased blood flow to your face. Increased blood flow can cause the Botox to diffuse or migrate from the intended area.
- **Ice (Optional):** If you experience minor swelling or bruising, you can gently apply a cool compress or ice pack (wrapped in a cloth) to the treated area for 10-15 minutes at a time. Do NOT apply pressure.

First 24-48 Hours Post-Injection:

- **Continue Avoiding Alcohol:** Refrain from consuming alcoholic beverages for at least 24 hours. Alcohol can thin the blood and increase the risk of bruising.



- **Avoid Blood Thinners (if medically permissible):** Continue to avoid blood-thinning medications and supplements such as Aspirin, NSAIDs (e.g., Ibuprofen, Naproxen), Vitamin E, Fish Oil, and certain herbal supplements for 24 hours. Always consult your prescribing physician before stopping any prescribed medication.
- **Avoid Excessive Heat:** Stay away from saunas, hot tubs, steam rooms, tanning beds, and direct prolonged sun exposure for at least 24-48 hours. Excessive heat can increase blood flow and potentially affect the Botox.
- **Delay Makeup & Topical Products:** Avoid applying makeup, moisturizers, or other topical products to the treated areas for at least 4-6 hours, and preferably until the next day. If you must apply makeup, use clean applicators and do so very gently.
- **Avoid Facial Treatments:** Do not get facials, chemical peels, microdermabrasion, or any other facial treatments for at least 1-2 weeks after your injections. These can put pressure on the treated areas and disrupt the Botox.

General Advice:

- **Bruising and Swelling:** It's normal to experience some minor redness, swelling, or bruising at the injection sites. These are typically mild and resolve within a few days.
- **Results Timeline:** You may start to see the effects of Botox in 3-5 days, with full results usually visible within 10-14 days.
- **Follow-Up:** A follow-up appointment may be recommended in 2-3 weeks to assess your results and make any necessary adjustments.
- **Hydrate:** Continue to drink plenty of water to stay well-hydrated.

When to Call Your Practitioner Immediately:

While rare, contact your practitioner immediately if you experience any of the following:

- Trouble swallowing
- Trouble breathing
- Slurred speech
- Vision problems, including blurred vision or drooping eyelids
- Muscle weakness in areas not treated
- Severe pain or persistent swelling