

## Botox® - Post Care Instructions

- After your treatment, you may have some swelling. Apply cold compresses to the treatment sites. Generally, if able – 20 minutes per hour while awake to reduce swelling on the day of treatment.
- You may have some bruising at the injection site. This may take up to a week to go away and may be covered with make-up.
- Avoid exercise for the first 24 hours after your treatment.
- Keep your head elevated following treatment. Sleep using extra pillows the day of treatment.
- One (1) week prior to your next treatment with Botox, avoid taking St John's Wort, high doses of vitamin E supplements, aspirin, and other non-steroidal anti-inflammatory medications, such as ibuprofen. These agents may increase bruising and bleeding at the treatment site.
- The treatment usually begins to work within 5 to 7 days, and can last up to 3 to 4 months.

**If at any time during office hours or after hours you have any questions, concerns, or problems, please feel free to contact the Lake Jackson office at (979) 297-9289 or Pearland office at (281) 598-6808.**

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Name

Date

Witness