

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 you have any questions, concerns, or problems, please feel free to contact the office at any time at 979-297-9289.

Name

Date

Witness