



Botulinum Toxin Post Op Instructions

Congrats on your recent botulinum toxin treatment! To protect your results and promote healing, please abide by the following post op instructions. Failure to adhere to the post operative instructions may jeopardize intended results.

For best results, please follow these instructions over the next 24-48 hours:

- **6 hours after treatment:**
 - Keep your head upright for 6 hours after treatment. Do not lie down during this time.
 - Do not expose your face to hot temperatures (avoid the sun, no hot showers, or cooking over a hot stove or oven) during this time.
- **1-2 days after treatment:**
 - Avoid alcohol, exercise, heat, and sun exposure for the next 2 days.
 - Do not touch, press, rub, apply pressure, or manipulate the injected areas for the next 2 days. Avoid wearing makeup on these areas for at least 12 hours, and up to 2 days for best results.
 - Medications: Please avoid Aspirin and Motrin for 2 days after treatment. This will help reduce bruising. If you must use a pain reliever during this time, Tylenol, and/or cool compresses are good options.

Notes about healing:

- **Treatment bumps and marks will go away in a few hours.**
- Bruising and swelling around the injected areas is typical. You may apply ice for the first hour after treatment at ten-minute intervals (ten minutes on and ten minutes off).
- Results of treatment may take 14 days to take full effect.
- Treatments typically last about 6 months. Sometimes a few wrinkles may start to return in 2 – 3 months. Treatment effectiveness will last longer with regular ongoing treatments.
- Enhancements may be discussed at your two-week post op visit.

We'll see you for your two-week post op visit!

If you have any questions or concerns as you heal, please give us a call.