



Botox Cosmetic Treatment

Post Care Instructions

- Stay in a vertical position for 3-4 hours following your injections. Do not rest your head or lie down; sit or prop yourself upright.
- You may take acetaminophen/Tylenol if you experience any mild tenderness/discomfort. Avoid aspirin, ibuprofen, or other non-steroid anti-inflammatory medications for 24 hours to reduce the risk of bruising.
- Do not massage/rub area for 24-48 hours after treatment. Ensure you apply make-up gently to the treated area for the first 24-48 hours.
- After treatment, there may be moderate swelling and redness with the possibility of bruising, especially if "crow's feet" were treated.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply sunscreen if you will be outside.
- Avoid strenuous exercise for 24-hours to reduce bruising and increased metabolism of the Botox. You may resume other normal activities/routines immediately.
- Avoid laser, intense pulse light, micro needling, or skin tightening treatments of the area for a minimum of 1-week (or as directed by your provider) after injection.