



### Botox Post-Treatment Care

- Apply ice after Botox treatment to help with any discomfort and to minimize potential bruising
  - \* 30 minutes after injection is critical, use liberally onward
- Remain upright for 4 hours after injection
- Do not press or massage injection sites/areas
- Do not wear any tight fitting hats for 24 hours
- Avoid strenuous exercises for remainder of the treatment day

#### Education:

- Patient is to return in 2 weeks for follow-up visit
- Effects are not permanent
- Multiple sessions may be necessary
- Botox treatment will need to be repeated every 3-6 months
- Botox may take up to 14 days to reach optimal results