**Shape

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**POST OPERATIVE BOTOX INSTRUCTIONS**

**After Your Botox Treatment**

* Remain upright for 4 hours after injection (you may lie in a reclined position, just do not lay flat)
* Exaggerate facial expressions in injected areas for 1 hour after injection
* Do not wear a headband or hat where the band goes across your forehead if you have had injections between the brows or in the forehead
* Refrain from aerobic exercise that increases your heart rate greatly (running, swimming, bicycling, etc…) for 24 hours following injections. Walking or other low impact forms of exercise are fine
* Do not massage or manipulate injected areas for 24 hours after injections.  Washing your face and applying make-up is fine.  Please avoid using a Clarisonic facial cleanser, have a facial, put your face in a massage cradle, or be face down in a chiropractor’s chair for 24 hours following the injection.
* Refrain from using ibuprofen, aspirin, fish oil supplements, or vitamin E for 24 hours following injection
* If bruising appears, apply ice to area for 15 minutes every hour to decrease bruising
* The most common side effect is headache with Botox injections.  You may use Tylenol to relieve this.  If you are a chronic headache sufferer and have prescription headache medication, you may take it as prescribed by your doctor.
* Botox will gradually take effect over 7-10 days with optimum result at 2 weeks.  If this is your first Botox injection, we recommend scheduling a follow up appointment 2 weeks after.

Gretchen

Forever Young

703-651-2553