



## **Botox® Aftercare**

### **Before**

- **Avoid** alcohol 3 days before and at least 12 hours afterwards
- **Avoid** supplements such as fish oil, omega vitamins, and Ibuprofen, Aspirin or NSAIDs which increase chance of swelling/bruising starting 5 days before your procedure

### **Expectations**

- **Bruising** may occur in the areas treated. You may take OTC Arnica/Bromelain to improve bruising. Bruising will resolve within 1-2 weeks. Please lightly apply ice packs to improve any bruising.
- **Discomfort:** You may take Tylenol for mild headache.
- **Results** begin to take effect within 5 days but will take 14 days for maximum effect and last an average of 3 months.

### **Aftercare**

- Don't massage or touch your face for 4 hours
- Don't lay down for 4 hours
- Avoid any activity causing facial flushing such as exercise, saunas, and prolonged sun exposure for 24 hours
- Wait 2 weeks afterwards for any facial cosmetic procedure (microblading, facials, chemical peels, micro needling)
- Schedule follow-up appointment in 2 weeks

*Please contact our office if you have any questions or concerns.*