

Post-Treatment
Botox:



Instructions Following

- Do not lie down for the first 4 hours following a treatment.
- Do not exercise right after a treatment. Tomorrow is fine.
- Do not massage or manipulate the injection sites for 48 hours after injection. You can rest an ice pack gently against the area (without pressing) if need be.
- Animate the muscles that were treated for the next 1-2 hours, as this may help it to take effect.
- If bruising occurs, it may be covered up with makeup. Bruises usually resolve in just a few days, but may take up to 2 weeks.
- Do not consume alcohol for 24 hours. Tomorrow is fine.
- Do not wear a tight-fitting hat, headband, goggles or tight-fitting sunglasses for 48 hours. Compression can cause migration of the Botox downward, and lead to droopy eyelids.
- Typically it will take 4-7 days for you to see results. For some patients, however, it may take the full 14 days.
- Botox appointments are ideally scheduled 3 months apart for the first 3 treatments. After that, the interval between appointments can be gradually lengthened accordingly. Try to come in before you return completely to baseline. We find that this may improve and maintain the results longer in subsequent treatments.

If you have any questions or concerns, or experience an unexpected reaction, please do not hesitate to contact us at 203-202-7688.