

AFTER YOUR BOTOX®

TODAY

- **DO NOT LIE DOWN** or maintain a position where your head is below your heart for the first four hours.
- **DO NOT WORK OUT** for the rest of the day. You may resume regular activities tomorrow.
- **DO EXERCISE THE TREATED MUSCLES.** Botox® is taken up by muscles as they actively contract, so, for the next hour or so, frown, smile, or raise your forehead (depending on the area that was injected.)
- **DO NOT DRINK** alcoholic beverages today.
- If you need a pain reliever, take acetaminophen (Tylenol) only. Using other NSAIDs, including ibuprofen (Advil) and naproxen (Aleve), may increase your risk of bruising.
- If you experience bruising, it may be covered with make-up. (Bruises usually resolve in a few days, but can take up to two weeks to heal.)

WHAT TO EXPECT

- It can take **up to two weeks** for Botox® to reach its peak effect
- After two weeks, if you feel there is too much movement of the treated area and you think more Botox® is needed, call our office and schedule a touch-up appointment.
- Touch-ups are scheduled two to four weeks after the original treatment. Administering additional Botox® too soon can cause the effect of the Botox® to lessen over time.
- If more Botox® is in fact needed, there is a minimum \$50 charge.

YOUR NEXT APPOINTMENT

- For your first three Botox® treatments, the ideal appointment schedule is every three months.
- After three treatments, the interval between appointments may be gradually lengthened.
- For your fourth appointment and beyond, schedule each Botox® treatment when your muscles reach 70-80% of their full strength in order to get the best long-term results.