



Botox Aftercare Instructions

Botox works by relaxing muscle. It blocks a chemical your muscle needs to contract, so if they cannot contract, they relax. In your face, Botox works best from the cheekbones up on your dynamic wrinkles – the ones formed when you contract your muscles – like your frown line, smile lines, and forehead lines. If you can't contract those muscles, they relax, and your wrinkles disappear.

Botox takes anywhere from 2-14 days to work and is different for each person, each time. Don't worry if you do not see anything in a couple of days – it will come. We would like to see you back in a couple of weeks to make sure that you achieved your desired outcome.

Botox Aftercare Instructions:

- Do not touch or rub your face for 4 hours after you have been treated.
- Avoid lying down for 4 hours after your treatment.
- Avoid strenuous exercise and excessive sweating for 24 hours after treatment.
- Avoid any skin care products that have high amounts of acid over the injected areas for 24 hours.
- “Frown, Raise, Frown, Raise” 30 times or so over the next hour, as it helps the muscle pick up the Botox and give a better effect.

Normal Side Effects:

- Most people experience little to no side effects after Botox treatments. Below is a short list of the most commonly occurring ones. All of which are minor and resolve on their own in a matter of hours to a few days.
 - Small raised, red bumps where Botox was injected
 - Slight pain or discomfort at injection site
 - Possible bruising at injection site
 - Slight headache lasting 2-3 days

If you have any questions or concerns, please contact **our office at 818-662-7157.**

Recommendations for you: _____
