



BOTOX – AFTER CARE

IMMEDIATELY AFTER:

- **DO NOT** massage or apply pressure on the treated area for 6-8 hours after treatment. Since Botox may migrate to areas of undesirable effectiveness.
- **DO NOT** lie down for 6 hours after treatment. Also do not lean forward, shower, or cook over a hot stove.
- **YOU MUST** keep your head upright for at least 6 hours after injections.
- **TRY TO** exercise your treated muscles for about 2 hours after treatment. (e.g. practice frowning, raising your eyebrows or squinting) This helps to work Botox into your muscles. However, if you do not do this, it will not negatively affect your treatment.

WHAT TO AVOID:

- Avoid yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the first 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of injection.
- Avoid facials and saunas for 24 hours after treatment since this will increase the chance of your blood pressure rising and thus increase the chance of minor and temporary bruising.
- Avoid taking Advil, Vitamin E, Ginger, Ginkgo Biloba, Ginseng and Garlic for 2 weeks since this may increase your risk of bruising. You may shower and do most other regular activities.

WHAT TO EXPECT:

- Headaches are common. Botox is even used to treat headaches. However, if you have a headache we recommend you avoid aspirin or products containing aspirin. You may opt instead to use Motrin, Tylenol, and/or cool compresses. If headaches continue or worsen, contact your physician.

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- Bumps or marks will go away within a few hours. If you do develop a bruise, it will resolve like other bruises you have had in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection, similar to most other injections. Redness may last for 1-2 days, rarely longer. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.
- Results of your treatment take up to 14 days to take full effect. Although, many people will recognize the benefits in 3-5 days after treatment.
- Botox is a temporary procedure. In most people the benefits of Botox last 3-6 months. Sometimes a few wrinkles may start to return in 2-3 months. The effectiveness of Botox will last longer with successive treatments.

ADDITIONAL INFORMATION:

- Initially, the doctor may want to see you between 2-4 weeks for a brief 'touch up' and check up of the procedure. If you allow Botox to completely wear off, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.
- Makeup: It is recommended that you wait 12 hours after treatment before applying makeup.
- Cold compresses may be used 10 minutes on and 10 minutes off to reduce swelling 2-3x per day during the first 1-2 days if needed.

Please do not hesitate to call us if you have any questions or concerns.

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