



THE HAMPTONS DENTIST

BOTOX POST OP INSTRUCTIONS

1. **Dressing:** No dressings are required following Botox treatment. **Do not apply an icepack or massage the injection sites.** Any remaining dry bloodspots should be gently wiped off with ice water on a cotton swab in sweeping motions away from your eye.
2. **Position:** Try to sleep on your back the first night following Botox treatment so that you avoid compressing the facial areas injected with Botox. Similarly, avoid pressing over the areas treated with Botox immediately after treatment. Compression of any sort, will result in the Botox migrating from the area injected, and consequently, not acting on the desired muscle. Also, avoid lying down until bedtime the day of Botox injection.
3. **Activity:** You may return to routine daily activity or your job immediately following Botox treatment. However, you must avoid exercising for 24 hours. This is because exercise will increase the blood flow to the facial region which may then draw the Botox out and into circulation; this will result in less effective relaxation of the targeted muscles
4. **Ice Packs:** Icing is not recommended as this will result in unnecessary compression of the areas treated.
5. **Exposure to sunlight:** You may expose yourself to limited sunlight immediately following treatment.
6. **Final Appearance:** You will notice drastic improvement in facial muscles as early as 36 hours following Botox treatment. Maximum effects will be observed at 12 days following Botox injection.
7. **Postoperative follow-up:** In general, you do not need to follow up with your doctor following Botox treatment unless there is severe asymmetry. With asymmetry return for a follow up visit after 2 weeks. You should expect to return to your doctor for repeat treatments every 3 to 6 months.