



Cosmetic Plastic
Surgery Institute

Botox Postop Instructions

1. **Dressing:** No dressings are required following Botox treatment
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. 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 36 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 paralysis of the targeted muscles. Do not get a facial for one week following Botox injection. Do not do anything that requires straining or increasing your blood pressure for the first 36 hours following treatment.
4. **Driving:** You may drive immediately following Botox treatments.
5. **Ice Packs:** Icing is not recommended as this will result in unnecessary compression of the areas treated.
6. **Exposure to sunlight:** You may expose yourself to sunlight immediately following treatment.
7. **Final Appearance:** You will notice drastic improvement in facial muscles as early as 36 hours following Botox treatment. Maximum effects will be observed at one week following Botox injection.
9. **Postoperative follow-up:** In general, you do not need to follow up with your doctor following Botox treatment. You should expect to return to your doctor for repeat treatments every 6 months.

Pt Name: _____ Date: _____

Pt. Signature: _____