

Post Botox Instructions

Immediately following Botox, the sites of injection may be red, raised up, or sensitive. This tends to go away within a few hours and can be relieved with a cold pack. The sites may also bleed slightly, which can be relieved with gauze or tissue held with moderately pressure over the site.

Day of Treatment: Please do not lie down for the first 4 hours following your treatment.

Do not work out or do strenuous physical activity for 24 hours following your treatment.

We also recommend not drinking heavily (alcohol) the day of your treatment. One drink or glass of wine is OK.

Day One to Fourteen: Results will not take effect until at least 5 to 7 days following your treatment. Some patients take more or less time to see results. Heaviness of the eyebrows is common during the first 1-2 weeks following your treatment. Please call the office if the heaviness persists after the 2 week point.

Peak results will be seen 14 days post-treatment. If you would like to come in for a complimentary follow up, or if you have any questions, please do not hesitate to contact the office at 713-627-1200.

Follow Up: Most patients see results disappear at the 3-4 month point. We would love to continue to be your Botox provider. Please give us a call to schedule your next appointment at 713-627-1200.

Additional Tips: Avoid blood thinners such as Advil / Aspirin / Aleve as well as reduce alcohol consumption a few days (up to one week) before your Botox appointment. This will help reduce any minor bleeding or bruising following the injections.

As with any skin care treatment, we always recommend patients wear a daily sunscreen. Nothing works better than combating future wrinkles or skin discoloration! Please let us know if we can recommend a specific brand or SPF (50 or more is best!).

We love your feedback! Please contact the office at 713-627-1200 if you have questions, needs or feedback before or after your appointment!
