

After Botox

Botulinum Toxin (Botox) Post-operative Instructions

- **Do not rub or massage the area of injection**, especially over the eyes. This may result in diffusion of the toxin to adjacent muscles. This can result in double vision or drooping eyelids. Sleep with your head elevated for a few days. You may apply ice over the area during the first day, but do not press the ice down or rub it in as this may diffuse the Botox.
- You may resume normal activities.
- Your recovery following Botox injection should be uneventful. You will begin noticing the effects in 2-3 days, with maximal effect occurring at around 2 weeks. The results will last 2-6 months, but can be variable. You should return to your physician in two weeks for an evaluation and any required touch ups.
- Recovery should be painless. Extra-strength Tylenol should be sufficient to control any local discomfort. Aspirin products (unless prescribed by your physician) should be avoided for 2 weeks before and a few days after the procedure. Let your physician know if you take aspirin or blood thinners.
- If a problem occurs, don't be alarmed. Contact our office at 973-763-7546. Most problems can be handled easily. For bruising, you may apply ice as instructed above. The bruising will resolve in a few days. Makeup can be applied.
- Unwanted muscle weaknesses are uncommon but can occur. If you experience eyebrow droop, mouth droop, double vision, asymmetric facial expression, or others, call the office to be seen. Remember, Botox effects are temporary so side-effects, if any, will resolve on their own over time.