



Post-Operative Instructions for Botox ®

There may be information here that contradicts information on the general Post-Operative Instructions sheet. Any time this occurs, follow these procedure specific instructions. If you have any questions, please call the office at (916) 273-7435. Remember that you will not be able to drive while taking your prescription pain medication. Please plan accordingly.

- ◆ Do not massage the area for the next 48 hours.
- ◆ Do not lie flat for at least 8 hours.
- ◆ Apply ice to areas of bruising
- ◆ It takes 4 to 10 days for the relaxation to work
- ◆ Relaxation of the skin can take up to a month
- ◆ Return for a follow up at two weeks if you feel you might want more product for affect

As time goes by and you are healing, the following guidelines apply:

There is no down time or recovery period for this procedure.