

# Post-Procedure Discharge Instructions: Botox Injection

**Patient Name:** [Insert Name]

**Date of Treatment:** [Insert Date]

## Immediate Care

- Do not rub or massage the treated areas for at least 24 hours.
- Remain upright (do not lie flat) for 4 hours following the injection.
- Gently exercise the treated muscles (smiling, frowning, or squinting) for the next hour to help the product bind.

## Activities to Avoid

- Avoid strenuous physical exercise for 24 hours.
- Avoid excessive heat exposure (saunas, tanning beds, or hot tubs) for 48 hours.
- Avoid facials, chemical peels, or microdermabrasion for 14 days.
- Avoid consuming alcohol for 24 hours as it may increase bruising.

## What to Expect

- Results are not immediate; you will begin to see effects in 3 to 5 days, with full results at 14 days.
- Minor swelling, redness, or bruising at the injection site is normal and usually resolves quickly.
- A mild headache may occur; you may take over-the-counter pain relief as directed by your provider.

## When to Contact Your Provider

Please call us immediately if you experience:

- Difficulty breathing or swallowing.
- Severe allergic reaction (hives, swelling of the tongue/throat).
- Drooping of the eyelid or eyebrow.
- Blurred vision or eye irritation.

## Follow-Up

A follow-up appointment is recommended in 2 weeks to assess your results. Your next treatment should be scheduled in 3 to 4 months.

**Provider Contact Information:** [Insert Phone Number/Email]