

## Post-Treatment

# Botox Injection

### *We recommend you:*

- **Apply a cold compress** immediately after treatment to reduce swelling.
- **Avoid touching** the treated area within six hours following treatment. After that, the area can be **gently washed** with facial cleanser and water.
- **Avoid exposure of the treated area to intense heat** (sun lamp or sun) until the initial redness and swelling have resolved.
- **Avoid taking** aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- **Avoid exercise and alcohol** for six hours post treatment.
- **You may want to begin taking an antiviral medication** (such as Zovirax, Famvir, or Valtrex) 1-3 days before treatment if you are prone to cold sores. Treatments that involve controlled trauma to the skin have the potential to trigger cold sore recurrence.
- **Do facial exercises** for the first hour after injections.
- **Do NOT lie down** for 4 hours post treatment.
- **Do NOT apply pressure or massage** the injected sites for 4-6 hours.

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### **FOLLOW-UP:**

Please make an appointment with Lani in 10-14 days following your procedure for photos.