

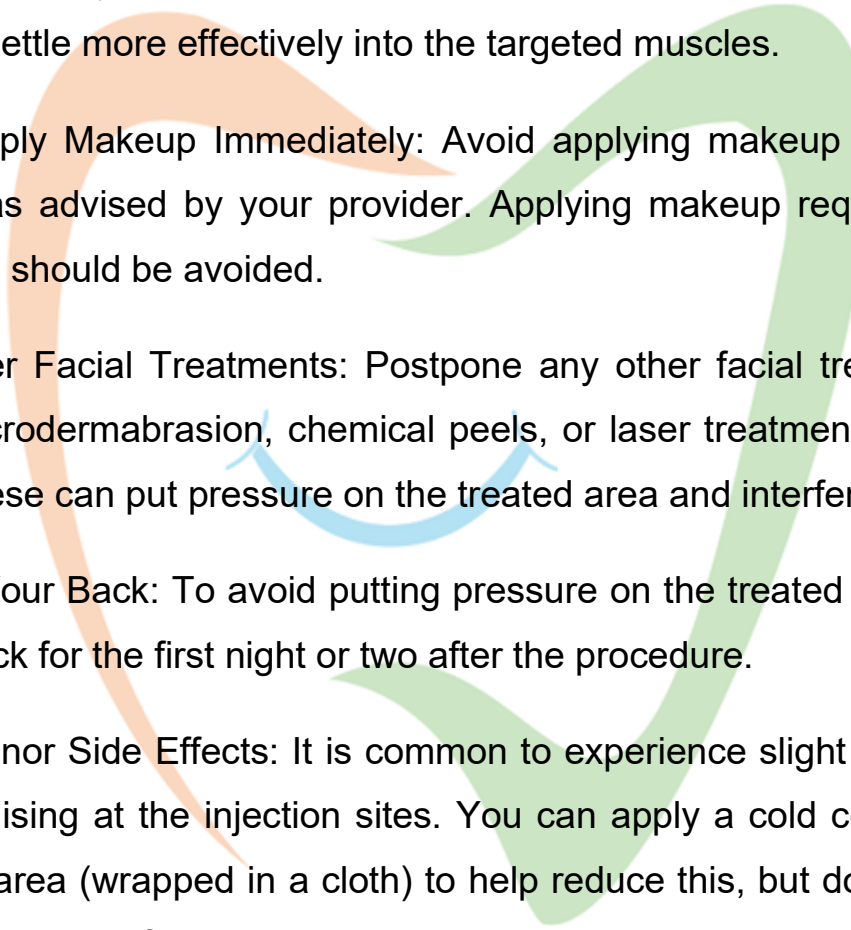
INDIADENS

Post-OP Instructions After Botulinum Toxin Injection

Post-operative care, or aftercare, is an essential part of any facial Botox treatment to ensure optimal results and minimize the risk of side effects. Here is a numbered list of common post-Botulinum Toxin instructions given to patients. It is crucial to follow the specific advice of your healthcare provider, as they will tailor instructions to your individual needs.

Post-Botox Aftercare Instructions

1. **Do Not Touch or Massage the Treated Area:** For at least 24 hours, and ideally up to 48 hours, avoid touching, rubbing, or massaging the injection sites. This is the most critical instruction, as it prevents the Botox from migrating to unintended muscles, which could lead to unwanted results like eyelid drooping.
2. **Stay Upright:** Remain in an upright position for at least four hours after the injections. This means no lying down, bending over, or doing any activity that involves putting your head below your heart. This also helps to prevent the Botox from spreading.
3. **Avoid Strenuous Exercise:** Refrain from vigorous physical activity, including intense workouts, heavy lifting, or any exercise that significantly increases your heart rate, for at least 24 hours. Increased blood flow can cause the Botox to diffuse from the targeted area and may increase bruising.
4. **Limit Heat Exposure:** For the first 24 to 48 hours, stay away from direct heat sources. This includes saunas, hot tubs, steam rooms, very hot showers, and prolonged sun exposure. Heat can raise your blood pressure and increase the risk of bruising.

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5. **Avoid Alcohol and Blood Thinners:** It's often recommended to avoid alcohol and blood-thinning medications like aspirin, ibuprofen (Advil), and naproxen (Aleve) for 24 hours after the procedure, as these can increase the risk of bruising at the injection sites.
 6. **Gently Exercise Your Facial Muscles:** Some providers recommend gently exercising the treated muscles by making facial expressions (frowning, smiling, raising eyebrows) for about an hour after the procedure. This is believed to help the Botox settle more effectively into the targeted muscles.
 7. **Do Not Apply Makeup Immediately:** Avoid applying makeup for at least a few hours, or as advised by your provider. Applying makeup requires touching the face, which should be avoided.
 8. **Avoid Other Facial Treatments:** Postpone any other facial treatments, such as facials, microdermabrasion, chemical peels, or laser treatments, for at least two weeks. These can put pressure on the treated area and interfere with the results.
 9. **Sleep on Your Back:** To avoid putting pressure on the treated areas, try to sleep on your back for the first night or two after the procedure.
 10. **Manage Minor Side Effects:** It is common to experience slight redness, swelling, or minor bruising at the injection sites. You can apply a cold compress or an ice pack to the area (wrapped in a cloth) to help reduce this, but do so gently without applying pressure. If you experience a mild headache, you can take Tylenol (acetaminophen).
 11. **Be Patient with the Results:** The effects of Botox are not immediate. You may begin to see a change within 3-7 days, but the full results will be visible after 10-14 days.

12. Schedule a Follow-up: Your provider may schedule a follow-up appointment to assess the results and determine if any touch-ups are needed.

“One smile can’t change the world, but your smile changes ours”

-Team Indiadens

