

## after botox instruction sheet



### **After your botox injection:**

1. You may have bruising, swelling, mild discomfort, and/or a headache following injection. Your headache may be somewhat severe for even 1 to 3 days. This event is rare but can occur. Please be sure to inform Dr. Lam of this outcome if it should happen. He can adjust your dose and distribution accordingly. You should have minimal to no bruising. If you have some bruising that does not go away in 4 to 5 days, please contact Dr. Lam's office for a laser treatment to eliminate the bruise in 48 hours. There will not be an additional charge for this service. And we sincerely doubt that you will ever require this intervention.
2. Do not massage the injected area. This may diffuse the Botox into surrounding muscles causing unwanted effects. Any kind of manipulation or massage of this area should be avoided for the first 4 hours. *In particular, the area between the eyes is the most dangerous to touch, massage, or manipulate for the first 4 hours following injection, as you may risk the eyelid or brow to descend.*
3. Do not lie down for 4 hours after your Botox injection. Also try not to bend over as well for this same period of time.
4. Some physicians believe that frowning, smiling, and lifting your brow for the first few hours are important to distribute the Botox. Dr. Lam does *not* believe this will improve your result.
5. Botox typically takes effect in 3 to 7 days following injection. At times, it may take a full 2 weeks to see complete benefit. The effect lasts approximately 3 to 4 months but may last shorter or longer based on your body's metabolism. Some people who are particularly athletic may have their Botox last somewhat shorter, and Dr. Lam may have to adjust your Botox accordingly.
5. Remember that Botox is an art and a science. Dr. Lam meticulously records each Botox session so that you can achieve consistent results and so that he can continue to refine your results based on your anatomy and aesthetic interests.
6. Remember to review the medications to avoid sheet the week prior to your next botox session.
7. Call our office with any questions or concerns.