

# BOTOX® Cosmetic Aftercare Instructions

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## Aftercare Instructions for Injection Procedures - BOTOX Cosmetic and Facial Fillers

If you have any questions about the information below, please call the office at **(740) 653-5064**.

### You can expect:

- 1) Minimal discomfort, which should be relieved by over-the-counter medications such as Tylenol®.
- 2) Slight swelling or irritation at the injection sites that will resolve within several hours to a few days.
- 3) Bruising, redness or discoloration. You may cover the injection sites with makeup 4 hours after the procedure; however, tap don't rub.
- 4) To return to work the same day.
- 5) Results within 5 days to 2 weeks after your injection.
- 6) Results lasting 3-4 months for BOTOX Cosmetic. Results last up to a year or longer for certain facial fillers.

### Things to report:

- 1) Severe or increased pain or pain not responding to Tylenol.
- 2) Marked swelling or swelling that doesn't improve over time, facial drooping or asymmetry.
- 3) White discoloration of injected areas.
- 4) Increased warmth or coolness to touch, or redness of the skin over the injection site.
- 5) Difficulty swallowing, fever, or chills.
- 6) Any problems or concerns.

### Post-Procedural Activity:

- 1) You should avoid strenuous activity for the first 4 hours after the procedure.
- 2) You may shower.
- 3) Keep your head up for 4 hours.
- 4) Avoid excessive sun or heat for 72 hours post injection (sauna, hot tub, tanning, sunbathing).
- 5) If swelling occurs, sleep with head elevated for 2-3 days to decrease swelling.
- 6) Avoid alcohol intake for 24 hours.
- 7) Do not massage the injected areas for at least 24 hours unless instructed otherwise by Dr. Lichten.  
You may feel firmness depending on areas treated and products used. These areas will settle over time (1-2 weeks).
- 8) Use a cool compress or ice pack for 15 minutes each hour while awake to relieve pain/swelling. Do not put ice directly on your skin!

