

## Patient Instructions for Care After BOTOX<sup>®</sup> Injections

- 1) Expect minimal redness, swelling, or bruising at the injection sites.
- 2) Avoid heavy physical exercise, lifting, bending, or laying flat for a minimum of four hours after the injections.
- 3) Do not rub or massage the injection sites for twenty-four hours.
- 4) Cosmetics may be applied four hours after the procedure.
- 5) Over the counter Tylenol or NSAIDs, such as Advil, can be used for mild pain relief.
- 6) If an emergency arises, please contact the office.