



Dr. Jaclyn A Klimczak, MD



Facial Plastic Surgery

POST TREATMENT INSTRUCTIONS AFTER NEUROTOXIN

- **DO:** Keep your head upright for at least 6 hours after injection
- **DO:** Try to exercise your treated muscles for about 2 hours after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work the neurotoxic into your muscles. It will NOT negatively impact your treatment if you don't do this.
- **DO:** use Cold compresses may be used 10 minutes on 10 minutes off to reduce swelling 2-3x per day during the 1st 1-2 days if needed.

.....**DO NOT**.....

- **DO NOT:** massage or apply pressure on the treated for **6-8 hours** after treatment since Botox may migrate to areas of undesirable effectiveness.
- **DO NOT:** lie down for 6 hours after treatment.
- **DO NOT:** lean forward, shower, cook over a hot stove for 6 hours after treatment
- **DO NOT:** engage in yoga or other rigorous exercise activities, extensive sun or heat exposure, and alcoholic beverages for the first 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of the injection
- **DO NOT:** get facials or go in saunas for **24 hours** after treatment since this will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising. Avoid lasers, microneedling or microdermabrasions for **10 days**
- Headaches are common and neurotoxins are even used to treat headaches. However, if you have a headache, we recommend **DO NOT** take aspirin or aspirin containing products as this can cause bruising. You may opt instead to use Tylenol, and/or cool compresses. If headaches continue or worsen, contact your physician.
- **DO NOT:** take Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- **DO NOT:** apply makeup for 8 hours after treatment or until bumps/injection site marks have faded.



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- **DO:** keep Hairspray, colognes, perfumes or any substance with the fragrance away from the treated areas at all time

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- Results take anywhere from 3-7 days after treatment to see the results.
 - Note that any bumps or marks will go away within a few hours. If you do develop a bruise it will resolve like other bruises you have had in about a week.
 - There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections.
 - Redness may last for 1-2 days, rarely longer. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.
 - Neurotoxins such as Botox, Dysport, Xeomin etc are a temporary procedure. In most people the benefits of Botox last about 3-4 months. Sometimes a few wrinkles may start to return in 2-3 months. The effectiveness of neurotoxins will last longer with successive treatments.
 - Initially, the physician may want to see the patient between 2-4 weeks for a brief “touch-up” and checkup of the procedure. If you allow your neurotoxin to completely wear off, it is difficult for the doctor to be able to see how your individual muscles reacted and therefore optimal results for your face can be more difficult to achieve.

Finally, please contact us at should you have any questions at the following number:

Telephone: (561) 939-0900

I certify that I have been given a copy of these instructions

Patient name: _____

Relationship to patient: _____

Patient Signature: _____

Date: _____ **Time:** _____

Witness: _____

Date: _____ **Time:** _____