

Post *Botox* Instructions

What to Expect After Botox Injections

Immediately following your Botox injections, the sites of injection may be red, raised, tender, and sensitive. This tends to go away within minutes to a few hours and can be relieved with a cold pack if needed. It's not unusual to have mild to slight bleeding, which can be relieved with a tissue or medical gauze held with moderate pressure over the affected area.

Day of Treatment: We recommend that you do not rub your face for the first 4 hours following your treatment.

Do not work out excessively or do strenuous physical activity for the first 24 hours.

We recommend that you do not drink an excessive amount of alcohol after your treatment. But if you would like to have a glass of wine with dinner you're welcome to do so.

The Next Two Weeks: Results will not take effect until 5 to 7 days following your treatment. Results may vary between patients. Some patients may take more or less time than others to see results. Some patients may experience some heaviness to the eyebrows for the first week or two. If the heaviness persists after 2 weeks we do recommend that you contact the office and speak with a Nurse.

Peak results will be seen 14 days post injection. If you feel that you may need a touch up, we are more than happy to help and will reschedule.

Follow Up: Most patients tend to see results wearing off or disappear around the 3-4 month point.

We at Nikko Cosmetic Surgery Center & Nikko Dermatology would love to continue to be your Botox provider and we always encourage you to bring a friend or family member along with you to your visit.

Dr. Nikko's Advice: Avoid blood thinners such as Aleve – Advil – Aspirin and not to excessively consume alcohol for the next week to avoid bruising and minor bleeding. And I recommend using SPF 50 + Dr. Nikko Daily One Serum twice a day - AM & PM to maximize your skin care results.