



POST-OPERATIVE BOTOX

INSTRUCTIONS

1. Remain upright for **4 hours** after injection (you may lie in a reclined position, just do not lay flat)
2. Do not wear a headband or hat where the band goes across your forehead if you have had injections between the brows or in the forehead
3. Refrain from aerobic exercise that increases your heart rate greatly (running, swimming, bicycling, etc...) for **24 hours** following injections. Walking or other low impact forms of exercise are fine
4. Do not massage or manipulate injected areas for **24 hours** after injections. Washing your face and applying make-up is fine.
5. Refrain from using ibuprofen, aspirin, fish oil supplements, or vitamin E for **24 hours** following injection
6. If bruising appears, apply ice to area for **15 minutes every hour** to decrease bruising

Botox will gradually take effect over 7-10 days with optimum results at 2 weeks. If this is your first Botox injection, we recommend scheduling a follow up appointment 1 week after your injection.



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Hospital & Clinics

APPOINTMENTS
17812222

www.bahrainspecialisthospital.com