
Post-Botox Care Instructions

Thank you for trusting Peninsula Dermatology & Laser Clinic for your Botox treatment. To ensure the best results and minimize any side effects, please carefully follow these post-treatment guidelines.

Immediate Aftercare (First 4–6 Hours)

- **Stay upright:** Remain in an upright position (no lying down) for at least 4 hours after treatment.
- **Move your muscles:** Gently exercise the treated areas (smile, frown, raise your eyebrows) to help the Botox settle.
- **Avoid touching:** Refrain from rubbing, massaging, or applying pressure to the treated areas.

First 24 Hours

- **No strenuous exercise:** Avoid heavy workouts, yoga, or vigorous physical activities.
- **Skip facials and massages:** Do not schedule facials, chemical peels, microdermabrasion, or facial massages.
- **No makeup (if possible):** Ideally, avoid applying makeup to treated areas to reduce infection risk.
- **Avoid alcohol:** Alcohol can increase the risk of bruising.

General Guidelines

- Mild swelling, redness, or bruising is normal and should resolve within a few days.
- **Results timeline:** Botox usually takes 3–7 days to start showing results, with full effect by 14 days.
- **Touch-ups:** If needed, we recommend reassessment 2 weeks after your treatment.

When to Contact Us

- Significant pain or swelling
- Muscle weakness away from the injection site
- Difficulty swallowing, speaking, or breathing
- Any other concerns