



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 your 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.

For the First 24 Hours:

- No strenuous exercise: Avoid heavy workouts, yoga, or any 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

Silverdale Office
3505 NW Anderson Hill Rd
Suite 201
Silverdale, WA 98383
360-698-6859

Gig Harbor Office
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Suite 219
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**PENINSULA
DERMATOLOGY**
and laser clinic
PLLC

- Difficulty swallowing, speaking, or breathing
- Any other concerns

Thank you for choosing Peninsula Dermatology & Laser Clinic.
We are honored to be part of your skincare journey!

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