



Lindsey Pennington, MD
F A C I A L P L A S T I C S

After Care Injection Instructions BOTOX®Cosmetic (*onabotulinumtoxinA*)

Botox takes between 3-7 days for the results of your treatment to start becoming noticeable. At times, results may look slightly uneven at first, as the Botox may "kick in" at different rates. After 14 days the full effects of Botox will be kicked in completely.

- **Do not** lie down or do strenuous activities for 4 hours after Botox.
- Try to avoid long periods of bending over such as tying shoe laces or doing yoga.
- **Do not** manipulate the treated area or massage for 4 hours following treatment.
 - **Do not** take NSAIDS, such as ibuprofen and naproxen – this may increase the chance of bruising.
- **Do not** receive facial/ laser treatments or microdermabrasion after Botox injections for at least 7 days. Ask Dr. Pennington if you are not sure about the time frame of certain services.
- You may take Arnica cream and tablets or bromelain tablets - all of which may reduce or resolve potential bruising.
 - You may take acetaminophen (Tylenol) to reduce any pain as necessary. Sometimes you may experience a slight headache following the injections.

Please Contact Us Immediately if You Experience

- Respiratory distress, Fever and/or chills
- If the area appears red, hot to the touch, and "angry" looking
- Severe pain or increasing pain
- Drooping of eyelids
- Dr. Pennington's office number is (318) 216-5366