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### **Botox Post Injection Care**

1. For the Botox to settle into specific muscles, it is important to continue to move the areas that have been treated (forehead, eyes, frown lines) to “work the Botox into the muscles”.
2. **Keep upright for 4-6 hours after injections.** This is very important to minimize the material from flowing back to unwanted areas that could possibly lead to droopy eyes (ptosis). Avoid lying down or leaning forward.
3. Other activities to avoid in the first 4-6 hours after injection include: exercise, long walks, showers, hair washing, blow drying, wearing hats, makeup, excessive touching or massage to the treated areas, or cooking over a hot stove.
4. If you take any blood thinning medications, you may restart treatment the day after your Botox injections.
5. Results generally take about 7-10 days to maximize and be readily noticed.
6. Call your doctor with any questions or concerns at 714-538-8556.