



Post care Botox Instructions:

Immediate Post-Treatment Care

1. Refrain from touching, rubbing, or massaging the treated area for at least 4 hours post-injection to prevent Botox from spreading to unintended muscles.
2. Remain upright for 4 hours after treatment; avoid lying down or bending over.
3. Avoid strenuous exercise for the next 4 hours.
4. Alcohol and blood-thinning medications (e.g., aspirin, NSAIDs (ibuprofen)) may increase risk of bruising.

Skincare Recommendations

1. You may continue your regular skincare routine, including retinols or other activities.
2. You may apply coverup immediately after your procedure to cover any bruising or redness.
3. Wear your normal SPF and avoid excessive sun exposure directly on the treated site.
4. Arnica bruise gel is available for purchase and may help reduce bruising and swelling for up to 3 days after injection.

Monitoring and Follow-Up

- Redness or bruising at the injection sites may occur, which subsides in a few days.
- Mild headache may occur within the first 24-48 hours, which typically resolves on its own but can be treated with Tylenol.
- Less common side effects including asymmetry and ptosis (eyelid drooping) can occur. Asymmetry can be corrected in the office. Ptosis may require medicated eye drops. Please call the office if this occurs.

Follow-Up Appointment:

- Feel free to call or email photos of the area at any point if you have any concern or questions. A follow up appointment can be scheduled for adjustments.

Thank you for trusting Park Avenue Dermatology with your aesthetic needs. If you have any questions or concerns, please do not hesitate to contact our office.

Park Avenue Dermatology
580 Park Avenue
New York, New York 10065
(212) 752-3692
medicalassistant@parkderm.com