**For the first 4 hours:**

• Do not touch your face

• Do not lay down

• An immediate headache is common, especially if this is your first Botox treatment- may take Tylenol

• You may experience occasional tingling sensations

• Make-up can be reapplied after treatment, but try to dab…not rub face

• Avoid very hot showers or the use of hot tubs/saunas

• Try to avoid sleeping on treated areas

**For the next 24 hours:**

• Do not participate in vigorous exercise

• It is typical to have redness, tenderness, and swelling - you may take acetaminophen (Tylenol)

• Don’t wear tight headbands

**For the next few days:**

• Avoid aspirin, ibuprofen, and drinking alcohol

• Avoid exposure to the sun and cold outdoor activities until redness from treatment disappears

• Do not restart Retinol or Retin-A

**For the next 2 weeks:**

• Bruising is common but should go away in about two weeks. You can apply a pack of ice for relief.

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Contact Dr. Giuliante at 914 465 4000 after 2 weeks if you have not experienced the desired effect. It may take up to 14 days for the Botox to reach its peak effect.

***You should call 911 immediately if you have and trouble swallowing, difficulty speaking, difficulty breathing, vision changes, or any other concerning symptoms***