



## **Botulinum Toxin (Botox)**

1. Relaxation of the muscles begins to appear in 3-4 days and usually takes 7-14 days for the final weakness to occur. Results vary per patient and range from weakness only to complete relaxation. The effects generally last between 3-6 months.
2. Stay in the upright position for 3-4 hours after the injection.
3. Do not manipulate the area of the injection for 3-4 hours after the injection.
4. Repeatedly use the muscles for 3-4 hours after the injection. This will help you to achieve a better result.
5. If you experience bruising, it can be minimized with cold compresses, especially if done in the first 24 hours. This usually resolves over the course of several days.
6. Please call the office to report any problems or concerns.