



How to Prepare for Botox Injections & Aftercare Procedures

Avoid Taking Blood Thinning/ Anti-Inflammatory Medications

This includes aspirin, ibuprofen, Excedrin, Motrin, ginkgo biloba, ginseng, flax seed oil, cod liver oil, fish oil, vitamin A, vitamin E, and any other essential fatty acids. Take Tylenol per packaging directions as needed for discomfort.

Avoid Alcohol

It is important to avoid consuming any alcohol 24 hours before your appointment. Alcohol can thin the blood, making you more susceptible to bruising and swelling because of the injections.

Schedule Your Appointment Weeks Ahead of Special Events

Since Botox does not produce full results for about 10 days, Dr. Lynch suggests 2 weeks prior for repeat treatments or 6 weeks prior for first time treatment.

Eat Well and Stay Hydrated

Although rare, some people may feel dizzy or lightheaded after their treatment. To help avoid this, make sure you have had something to eat within 4 hours before your appointment.

Make Sure You are a Suitable Candidate

You will not be considered a candidate for Botox if you are pregnant, breastfeeding, or if you have any blemishes or acne breakouts, rashes or a cold sore.

Botox Aftercare Tips

Following proper aftercare instructions is the most important part of receiving Botox injections, as it can ensure you experience optimal results and help ease some of the side effects of the treatment.

Keep Your Head Elevated

It is important to keep your head elevated for a few hours post injection to avoid putting pressure on the injected areas and prevent the Botox from migrating.

Exercise Treated Areas

Try to exercise your facial muscles for 1 to 2 hours post-injections to help the Botox find its way into the muscles where it was injected. This can be done by raising your eyebrows, squinting, frowning your brows, and smiling. ***Do not massage the injection sites.***

Avoid Additional Facial Treatments for at Least Three Days

If you are looking to combine your Botox injections with any other facial treatment such as a facial, chemical peel, microdermabrasion, or laser treatment, please consult with Dr. Lynch when it will be suitable to have these procedures done.

Any questions/ concerns – call our office at 480-800-8346

