



Botox Aftercare Instructions

Post-operative timeline and instructions for botox:

For the first 4 hours:

- Do not rub or massage the treated areas. This prevents the Botox from spreading to other muscles.

For the first 6 hours:

- Avoid strenuous exercise or activities involving head movement or heavy lifting. This allows the Botox to settle into the muscles.

For the first 24 hours:

- Do not lie down for extended periods. Keep your head elevated.
- Avoid facials, chemical peels, laser treatments, or microdermabrasion to prevent irritation.

For the first week:

- Some localized redness, swelling, bruising, or tenderness may occur. Use an ice pack for comfort.
- Makeup can be gently applied if needed.
- Do not have any other cosmetic facial procedures.

General aftercare:

- Stay hydrated by drinking plenty of water.
- Take over-the-counter pain medication as needed.
- Avoid excessively rubbing or massaging treated areas.
- Remain upright and avoid pressure on treated areas.
- Allow 7-14 days for full Botox results to emerge.

Call your provider for any excessive swelling, rash, pain, or concerning reactions. Schedule non-Botox facial treatments at least 2 weeks after Botox. Follow all specific aftercare advice from your provide

Diet:

- Avoid alcohol for the first 24 hours after treatment. Alcohol can increase bruising and swelling.
- Stay hydrated by drinking extra fluids like water and juice for the first few days.

Activity Restrictions:

- Avoid strenuous exercise for the first 2-3 days after treatment. Activities like weightlifting, yoga, and running can increase blood flow and swelling.
- Avoid facial massages, facials, chemical peels, and other skin treatments for at least 2 weeks. This prevents irritation and allows **Botox** to stabilize.
- Do not have any other injections like filler for at least 2 weeks after Botox. Consult your provider before scheduling other procedures.
- Sleep with your head elevated on pillows to reduce swelling for the first few nights.
- Avoid flying for 24 hours after the treatment to prevent swelling.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

