



SMITA R. RAMANADHAM, M.D.
PLASTIC SURGERY

Botox Before and After Instructions

Before the procedure:

Avoid all NSAIDS (aspirin, ibuprofen, motrin, advil, aleve) for one week prior.

Avoid herbal supplement and teas for 2 weeks prior.

After the procedure:

Botox is very precisely injected into various muscles for the desired effect. The medication can diffuse, however, and paralyze unintended muscles. To decrease this risk, Dr. Ramanadham recommends not applying any pressure to this area. No hats or tight headbands. Do not rub this area or scrub. Avoid this for 24 hours.

Do not exercise for the remainder of the day.

Do not apply makeup over the injection sites for the remainder of the day.

It is okay to wash your face gently that night but avoid electric scrubbing brushes (Clarisonic) and avoid aggressive scrubbing.

It takes 7-10 days to see the full effects of the medication. During this time, you may notice asymmetry and unevenness. Do not be alarmed, this is normal. Continue to wait for the full 10 days. This will balance.

At 14 days, some patients may require more Botox.

- If you are new to Botox, Dr. Ramanadham will inject the lower range of a normal dose for that muscle to see how you react. You might need more depending on the strength of your muscle. At your 2-week visit, any additional Botox can be injected for full effect and the sum of the two visits will be injected at all subsequent visits.
- If you have been receiving Botox for many months to years, you may require more units than normal as some patients develop antibodies to the medication requiring more.

Apply ice packs to the treated areas in the first 24 hours. This will help with bruising. It is very important to not apply pressure.

It is common to have small bumps at the injection sites. This will resolve within 1 hour after the procedure.

You may notice bruising around the area of the injection. This may darken over the first 1-3 days and slowly fade over the first week. You may notice numbness in the area of any bruising.



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Dr. Ramanadham will see you in follow up in 2 weeks. It is normal to need additional Botox at this time once the swelling has resolved.

Call our office immediately if you notice worsening pain, redness, white color, splotchy discoloration to this skin, fevers, or new swelling to the area after the initial swelling resolves, or continued worsening of swelling past the first 72 hours.