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### **Botox Cosmetic Post- Injection Instructions**

Congratulations! Now that you have had Botox injected there are a few things to remember to help get the best results. If you have any questions or you think that something is wrong, call Dr. Ball's nurse at (318) 354-2555. After hours, an answering service will pick up; simply leave your message with them and we will contact you as soon as possible. Please keep your follow-up appointment so we can evaluate your response to the Botox and discuss any concerns you may have.

Important things to avoid after your Botox injections are:

1. No exercise for 12 hours after the injection.
2. No hot water or oils on the injected site for 12 hours.
3. No bending over for 12 hours.
4. Do not lie flat for about 4-6 hours.
5. No facial massage for 12 hours.
6. Report any concerns to us ASAP

Remember the things that are considered normal after Botox injections include the following:

1. Mild amount of pain or a headache.
2. Short lived redness at the site.
3. Minimal bruising.