

## **Post Treatment Instructions**

## **Botox Injections**

- Botox takes 2 weeks to fully "kick in." We can see you back in 2 weeks to make dose adjustments.
  - Please do not hesitate to come back, as there may be a solution. In getting to know your anatomy, this is also very helpful to know for your following treatments.
- Normal for bruising, eyelid swelling, and under eye swelling. No icing.
- Please stay up right for at least 6 hours.
- No exercise for 24 hours after your procedure.
- No makeup in treatment areas for 24 hours after your procedure.
- No hats or pressure on the injection point(s) for the remainder of the day.
- No laser treatments for 2 weeks after your procedure. No chemical peels or facials for 2 weeks after your procedure. No microneedling for 2 weeks after your procedure.
- No tanning or tanning beds for 2 weeks after your procedure.
- No massages for 2 weeks after your procedure.

Please follow up in office (preferably) or via email with photo/video in 2 weeks.

If you have any questions or experience possible signs of infection or extreme discomfort, please contact:

Dr. Burke's Clinical Team
(804) 484-3700 EXT 7012
Appointments: (804) 484-3739
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DR. ALAN BURKE Facial Plastic & Reconstructive Surgery