

## Botox After-care

- It is important to remain upright, (sitting or standing) for at least 5-6 hours after the treatment to allow the Botox take effect.
- A cold compress may alleviate any tenderness, redness, swelling or bruising. If these persist for longer than 2 weeks or any other side-effects are noted you should contact the surgery.
- Take anti-inflammatory medication or analgesia if you feel it necessary, according to the instructions on the box.
- You may wear make-up over the areas treated after 12 hours.
- You are advised not to fly for the next 48 hours.

