

# Discharge Instructions: Botox

Thank you for allowing us to treat you at Self Care LA!  
We're excited to take this Botox journey with you.

## **Post-Treatment Care:**

- Do not touch the treated area for at least 3 hours following treatment, also do not lie down (sorry no napping!) or bend forward for the next 4 hours after your injection
- Wait at least 2 weeks (ideally 3 weeks) before receiving any facial/laser treatments
- You do not have to do any specific facial exercises after injections
- Avoid any exercise and makeup for the first 24 hours after treatment

## **If this is your first-time receiving Botox:**

- We typically like to inject you with a ½ dose so you can get used to the sensation of muscle freezing, remember we can always give you more later, but we can't take Botox away
- We would like to see you in 2-3 weeks to assess how everything is going

If any adjustments/additional injections are required, we prefer to wait 2 weeks after initial treatment before making that decision. If you have any questions or concerns about your treatment, you can always get in touch with us.

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