

**LARA DEVGAN, MD, PLLC**  
**PLASTIC & RECONSTRUCTIVE SURGERY**  
121A E. 83<sup>RD</sup> ST. NEW YORK, NY 10028  
OFFICE 212.452.2400

**INSTRUCTIONS: BOTOX**

1. **TIMING:** It takes 4-8 days for full results of Botox to take effect. Please be patient. You will not see any difference immediately after treatment. The goal of Botox is to soften and smooth facial wrinkles and gently lift your facial features, without leaving you “frozen” or “paralyzed.” This result will become apparent 4-8 days after your injection.
2. **DURATION:** Botox typically lasts for 3-4 months in most patients. The duration of Botox’s effects depends on how strong your facial muscles are, how expressive your face is, and your metabolic rate. After repeated use of Botox, many of our patients find that they have effective wrinkle treatment that lasts even longer than 4 months.
3. **POSITION:** Keep your head elevated above your heart for 4 hours after your Botox treatment in order to keep the product in its intended location. The night of your treatment, sleep with your head elevated on 2 pillows, lying on your back if possible. Do not rub or massage the treated areas for 2 hours after your treatment.
4. **EXERCISE:** Do not perform strenuous exercise on the day of your treatment. You can resume all normal activities the next day. Avoid facials or saunas for 4 hours after your treatment. Feel free to shower and go about most other regular daily activities.
5. **SWELLING/ BRUISING:** Any tiny bumps or needle marks will go away within a few hours. Bruises or residual marks may be covered with makeup, but please wait for 2 hours and use a gentle touch to avoid rubbing the treated area.
6. **ICE:** Use of ice or over the counter hydrocortisone 1% cream will reduce the risk of bruising and swelling. Icing is recommended immediately following treatment.
7. **ALCOHOL/ BLOOD THINNERS:** Drinking excessive alcohol within 2 days of treatment, or using blood thinners such as Advil and Aspirin can increase your risk of bruising.
8. **COLD SORES:** If you have had cold sores or oral herpetic infection in the past, any treatment to your face can trigger reactivation. We recommend taking an antiviral medication such as Valacyclovir in advance of your treatment and for several days afterward to reduce this risk. If this applies to you, please discuss with Dr. Devgan.
9. **FOLLOW UP:** Please schedule your follow up visit for 3-4 months from today to ensure best results of long-term facial rejuvenation. You may schedule your follow up visit in person, via email, or over the phone. If you allow your Botox to completely wear off, it is more difficult for Dr. Devgan to evaluate how your individual muscles reacted to your prior treatment.
10. **QUESTIONS:** Please feel free to call us at 212-452-2400 or email us at [office@LaraDevganMD.com](mailto:office@LaraDevganMD.com) with any questions or to schedule your follow up appointment.