



# HollidaySmiles

## Post-Injection Instructions After Treatment with Botox®

***If you think you are having a medical emergency, including an allergic reaction, dial 911 immediately!***

Notify Dr. Holliday as soon as it is safe to do so. If you experience any weakness (trouble holding your head up, breathing, chewing, swallowing, talking or generalized muscle weakness), even 2 to 4 weeks after Botox® injections, call an ambulance or have someone drive you to the emergency room. Tell your treating physicians that you received Botox treatment and on what date.

### **Post injection instructions for Botox ®:**

Stay upright and do not lie down for four hours. Do not massage or put any pressure on the injected sites, especially the eyebrow areas because it may cause the botox effects to spread to the eyelids and cause drooping of the eyelid for as long as four months. No heavy lifting or strenuous exercise for at least four hours. No hot bath or other activities that might elevate body temperature or blood pressure for at least four hours. Do not expect any results for at least five days. Expect maximum effects in two weeks.

Schedule and return for follow-up visit between two and four weeks, sooner if needed.

**Call Dr. Holliday immediately with any questions: 423-756-4448**

*Thank you for allowing us to participate in your aesthetic care!*