



Post-Injection Instructions After Treatment with Botox® and/or Juvederm®

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.

Post injection instructions for Juvederm®:

Call or return if you have sudden or increased fever, swelling, redness or tenderness or if any unusual side effects occur. Over the counter Benadryl, Tylenol, and ice may help with swelling or itching. Avoid ibuprofen, fish oil, vitamin E or aspirin for 24 hours after injection to reduce the risk and severity of bruising. Anticipate that swelling and bruising to last seven to ten days after injection, especially in and around the lip areas. If planning for future events, plan your injection at least two weeks in advance to allow time for minor swelling and bruising to resolve.

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

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