

META MORPH CENTER, INC
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Botox Injections: Post-Treatment Instruction

1. Because there is no sedative or anesthetic used, you can return to normal (but not vigorous) activities immediately after the procedure. It is possible that you may experience a mild headache after the procedure. You may take acetaminophen (Tylenol) if this should occur.
2. For the first 4 hours after the injection you must:
 - a. Keep your head up, not stoop or strain.
 - b. Not massage or manipulate the treated area, though you can apply light makeup after 1 hour.
 - c. Not take any naps or sleep in a reclining position.
 - d. Exercise the remaining facial muscles by frowning or smiling frequently .
 - e. Not take aminoglycoside antibiotics (e.g. gentamicin, tobramycin, netilmicin and amikacin)
3. After 4 hours you may bathe/shower normally and apply regular make-up.
4. You may resume your normal schedule of exercise and activity after 24 hours.

For urgent concerns, please call Dr Romero directly: 631-987-4744. Office number: 631-858-0500