

Botox post treatment care

Information for patients

Please follow the below advice after you have received Botox treatment:

- Do not rub or massage the injection sites- any marks or bumps will disappear
- Do not apply make up for 4-6 hours
- Do not perform strenuous exercise for up to six hours
- Do not drink alcohol for six hours
- Keep your head upright- do not lie down or bend forward for four hours after your treatment
- Do not have a facial treatment for 24 hours
- Do not take any long haul flight for 24 hours
- Do not wash your hair until the day after your treatment.

If you have any problems or have any questions, please contact us on either:

- **0131 312 0125** for the Advanced Nurse Practitioner (ANP) answering machine
- **0131 536 0000**- ask the switchboard operator to page a member of the DCN ANP team on "77001 bleep 8119/8557". A member of the team will call you back as soon as they are available.