



Botox Patient Information and Instructions

Botox is derived from the Botulinum A exotoxin. It has been used in a very dilute form for many years by ophthalmologists for a variety of eye conditions. It has been used for wrinkles for more than 25 years.

Botox injections into the glabella (between the eyebrows), forehead, and eyes (crow's feet) are done to temporarily relax the muscles in these areas. You are then unable to make the expressions i.e. squinting that creates the wrinkle. Eventually, with continued Botox, the lines will diminish. Deep lines will not completely disappear, but they will soften.

The side effects of Botox can be bruising, slight swelling at the site of injection, and in less than 2% of patients there can be temporary eyelid ptosis (droop). We have found that strict adherence to our restrictions reduces the risk. If ptosis occurs, please call the office at (585) 232-8940.

After you receive your Botox, actively frown or squint for 1-2 hours after the injection without touching the area.

Restrictions after Botox injections (for 6 hours):

1. Your head must remain **UPRIGHT** for **FOUR TO SIX** hours after the injection.
2. No lying down or leaning forward for 4-6 hours.
3. Avoid the gym No hair color
 No hair washing No rubbing of the area - light makeup can be applied gently
 No hair blowing No shoe shopping, etc. (bending over)
 No hats
4. You may travel by airplane the day after you receive Botox

If your head changes position, the chance of eyelid droop is increased!!

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