

## POST OPERATIVE INSTRUCTIONS FOLLOWING BOTOX INJECTION

### HOW TO KNOW IF YOUR BOTOX IS WORKING

- Botox is a chemical that paralyzes muscles. It can take up to 2 weeks to have full effect. You should notice slow changes in your symptoms over these first couple weeks
- Botox lasts for up to 3 months, but for some it can wear off earlier.

### PAIN MEDICATIONS

- You may not have much pain or discomfort. If you do, first take acetaminophen (Tylenol), 1000mg every 8 hrs. You may take up to 4000mg per day.
- If you still have pain take ibuprofen (NSAID), 400mg of ibuprofen every 8hrs alternating this with acetaminophen. Do not take NSAIDs if your doctor has told you not to.

### CONSTIPATION PREVENTION

- After your surgery, it is important to avoid constipation. If needed take milk of magnesia or miralax every day until you have your first bowel movement, then stop
  - o Milk of Magnesia: take one tablespoon (15mL) twice a day
  - o Miralax: mix one capful (17g) into any liquid once a day
- You should also take the following medications every day, these are available over the counter
  - o Fiber (i.e. Metamucil, Citrucel): take one tablespoon 1-2 times per day. Mix in 8oz of fluid (water or juice) and follow with another 8oz of fluid. Continue at least until your first post op appointment.
  - o Stool softeners (i.e. colace, surfak, docusate sodium): take one pill twice a day until you no longer have any discomfort with bowel movements.

### DIET

- A regular diet is recommended, with lots of fruit and vegetables.
- Make sure to stay hydrated with drinking 6-8 glasses of water a day.

### ACTIVITY

- Walking is encouraged. There are no activity restrictions.
- However, activities that cause discomfort, such as climbing stairs or car riding, may be done in moderation.

## **SPECIAL CONSIDERATIONS**

- Bowel movements after anal surgery are usually associated with some discomfort. This will improve as healing progresses. You should have a bowel movement at least every other day. If two days pass without a bowel movement, take a dose of Milk of Magnesia or Miralax. If there is no result by 6hrs, this can be repeated. If there is still no response, you may give yourself a gentle tap water enema. Supplies are available over the counter.
- **DO NOT STRAIN!** Call the office if, after following the instructions above, you have not had a bowel movement in 48hrs AND you're getting uncomfortable. If you're not uncomfortable, continue to follow the instructions and call the office if you become uncomfortable or have not moved your bowels after another 48hrs (4 days total).
- Some bloody discharge, especially after bowel movements, can be expected. If there is prolonged or profuse bleeding (more than 1 cup) call the office.

## **FOLLOW UP APPOINTMENT**

- Post-operative office visits are to ensure proper healing of your wounds. Please call the office as soon as you get home to make your first appointment for 3-4 weeks after your surgery, unless otherwise instructed.
- If you have any questions or concerns, please do not hesitate to call our office at any time.