

## **POST-BOTOX INSTRUCTIONS**

For all BOTOX appointments, a rectal fleet enema must be performed 2 hours prior to your scheduled time.

Now that you have had a BOTOX injection, you must continue to be diligent in the management and treatment of your FISSURE. One of the most important steps in helping your fissure to heal is to keep your bowel movements soft. Please carefully review the following directions:

1. Daily sitz baths (2-3 per day)
2. Use the prescribed Nifedipine ointment, three times daily for the next 8 weeks
3. High fiber diet (you may request a food list outlining dietary fiber from Dr. Boushey)
4. Consume at least 8 glasses of water per day

Once you have had the Botox injection, it can take *up to 3 months* for it to fully take effect. The better you are at following the above instructions, the better your results.

If after 10 weeks your condition has not improved, please contact our office with an update and to discuss next steps.