

BOTOX® Post-Procedure Instructions

You can expect to see results within days after your BOTOX® treatment. Your treatment is fully effective two weeks after your injection. If you need a dose adjustment at that time, please schedule an appointment with your provider.

INSTRUCTIONS:

- 1. Remain in an upright position for three to four hours following the injections.**
2. Avoid napping for three to four hours to avoid inadvertently lying on the area or rubbing while sleeping.
3. Avoid bending over, straining, and aerobic exercise for three to four hours.
4. Avoid massaging the areas of injections for at least three to four hours.
5. Four hours following your Botox treatment, exercise each of the injected muscle groups two to three times each for three hours.
6. Avoid alcohol, aspirin, Vitamin E, and fish oil for 3 to 5 days.

Results last up to four months. Be sure to schedule your next appointment before you leave today. **Save 5% on your next appointment if you pre-book today** (offer not valid with other discounts).

If you have any questions or concerns regarding your treatment, please call our office.