

Botox Post Care Instructions

- No rubbing or massaging of the injected area for 4 hours after treatment, including facials.
- No strenuous exercise for 24 hours after treatment.
- Keep upright for 4 hours — no lying on your front.
- Avoid headwear that is tightly fitted across the forehead.
- Reduce excessive alcohol consumption or medically necessary blood-thinning medication before the treatment to prevent bruising.