



Botox After-care Instructions:

- Avoid lying down or massaging the treated areas for four hours after treatment.
- Do not exercise for 24 hours.
- Exercise the treated muscles for a few hours after treatment.
- If you get a headache (as some people do for a few hours after the treatment) you may take Tylenol, unless otherwise advised by your physician.
- You will notice the effect of BOTOX in 5 to 10 days.
- Please call our office with any concerns or questions