

## BOTOX Post Treatment Instructions

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1. **Do not** lie down or bend forward for prolonged periods of time for at LEAST 4 hours after injections.
2. **Do not** massage or rub the injected areas.
3. **Do not** engage in vigorous activity for the remainder of the day. Walking at a brisk pace is OK.
4. **Make sure** you use the injected muscles every 5 minutes by frowning, squinting, and raising the eyebrows for 90 minutes post injection.
5. **If** you develop a headache after injection it is safe to use Tylenol. Avoid NSAIDS and aspirin for 24 hours.
6. **If** you develop any amount of bruising it is safe to use makeup to cover it up. A green concealer followed by your normal foundation works best.
7. **If** you have any questions or concerns please call our office.