



Botox

Aftercare Instructions

- Avoid lying down or excessive bending for **at least 4 hours** after treatment. Refrain from **touching, rubbing, or massaging** the treated areas for **24 hours**, and do not apply makeup to those areas for the same period. Steer clear of **facials, waxing, or laser treatments** for **48 hours**, and avoid **saunas, hot tubs, or extreme heat** for **3 days**.
- Yes, a mild headache is not uncommon. If needed, take **Tylenol as directed**—but avoid NSAIDs like ibuprofen or aspirin, as they can increase your risk of bruising.
- You may start to see results within **3–5 days**, with full effects around **10–14 days**. Results typically last **3–4 months**, depending on your body and lifestyle. Regular maintenance appointments can help you maintain your look.