

BOTOX POST-CARE INSTRUCTIONS

1. For Botox to settle in specific muscle, it is important to continue to move the areas that have been treated to “work the toxin into the muscles.”
2. Keep upright for 4-6 hours after injections. This is very important to minimize the toxin from migrating to unwanted areas- which could give higher chance of eyelid droop. Avoid lying down or leaning forward.
3. Other activities to avoid in the first 4-6 hours include:
 - No exercise
 - No air travel on the first day of treatment
 - Do not touch/massage injected areas
 - No wearing hats
 - No hair washing or blow drying
 - No showers
4. Results may take 7-14 days to maximize and be readily noticed.

I have read and received a copy of the Botox Post Care Instructions.

Print Name: _____ DOB: _____

Patient Signature: _____ Date: _____

Witness Signature: _____ Date: _____