

**POST INJECTION INSTRUCTIONS:
BOTOX, DYSPORT OR XEOMIN NEUROTOXIN**

- ◆ Do not lie down for 4 hours following your treatment
- ◆ Avoid any massage or pressure to treatment area/s, as this may alter the placement of the drug
 - If you would like to reapply makeup, do so gently over the treatment area/s
 - Do not wear a hat or visor for 4 hours post treatment, if forehead was treated
- ◆ Refrain from heavy exercise for 24 hours
- ◆ Contract and release muscles every few minutes of the next hours

I acknowledge I have received and reviewed the above post injection instructions

Patient Signature

Date