

**Cosmetic Dermatology Center**

Nicole Hayre, MD  
8405 Greensboro Drive, Suite 110  
McLean, Va. 22102  
(703) 827-8600

**BOTOX Post-Care Instructions**

- Avoid massage or manipulation of the treated area for 3 to 4 hours
- Maintain an upright posture (sitting, standing or walking) for 90 minutes.
- Use the treated muscles by frowning repeatedly every 15 minutes for 1 hour after treatment.
- The effects of your **BOTOX** will be evident in 3 to 7 days. Maximum effect is visible in 2 weeks.
- The results of **BOTOX** are temporary. You will need injections approximately every 3 to 4 months to maintain your results.
- Avoid pain relievers, headache or arthritis medications, with the exception of acetaminophen for 24 hours after treatment.
- Do not do any heavy lifting or aerobic exercise for 24 hours after treatment.