

Cosmetic Dermatology Center

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Post-Care Instructions for **BOTOX**

- Avoid massage or manipulation of the treated area for 3 to 4 hours.
- Maintain an upright posture (sitting, standing or walking) for 90 minutes. Do not tilt your head down or forward for 90 minutes.
- Use the treated muscles by frowning several times every 15 minutes for one hour after treatment. After this, try not to move the area any more.
- 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.