



BOTOX AFTERCARE INSTRUCTIONS

- Wait at least 4 hours to lay flat after receiving botox. This will prevent the Botox from spreading into areas that it should not.
- Avoid facials, massages, microblading and any other treatments that cause direct pressure to the face for 7 days.
- Do not rub or massage the face for at least 6 hours after treatment, but ideally 24 hours after botox injections
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.
- Bruising is possible after botox and is the MOST common side effect
- Most people will notice results anywhere from 4-7 days after treatment. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox.
- An allergic reaction to Botox is rare, but if you experience any of the following symptoms please seek medical care:
 - Itching and swelling of the face
 - Rashes
 - Breathing issues