

BOTOX® TREATMENT AFTER CARE

- 1. Exercise the treated areas every 5 minutes for the first 2-3 hours - this helps the uptake of the BOTOX® into the targeted muscles.**
- 2. Do not massage area(s) treated.**
- 3. Do not exercise excessively for the first 24 hours.**
- 4. Bruising may appear in the areas treated.**
- 5. Results will appear, usually, between 4 to 14 days.**
- 6. Please call our office if you experience any unusual redness or swelling or if you have any additional questions regarding Botox®.**
- 7. Botox® usually lasts between 10 and 16 weeks. The areas that are moved the most (such as the Crow's feet and mouth) "come back" quickest because those muscles are constantly moving.**