

## **Botox Aftercare Instructions**

Following your injection, if you have any questions please call our office at (850) 476-7100.

Botox generally does not involve any downtime. Below is a list of recommendations that may help to improve your experience.

- Do not lay flat for 2 hours after your injection.
- Do not massage or rub the treated areas for 3 hours.
- Avoid headbands and tight-fitting hats for 3 hours.
- Avoid exercise and strenuous activity for 4 hours.
- If it is convenient, you may apply ice, or a bag of frozen peas, to the treated areas intermittently for the rest of the day as this will further help to limit bruising.
- Avoid blood thinners like aspirin and ibuprofen for 48 hours.
- Remember that Botox may not have its full effect for 7 days.
- Enjoy your treatment, be beautiful, and have a wonderful day.

