



### **Patient Instructions Post Botox Care**

- No aerobic exercise for 24 hours.
- No massaging or touching of the area injected.
- Do not lie down for 4 hours.
- No high-altitude plane travel for 48 hours.
- It takes approximately 4-7 days for the Botox to take effect; it will generally last approximately 3 months.
- Please contact our office with any concerns.