



Botox Pre & Post Treatment Guidelines

*You are not a candidate for Botox if you are pregnant or breastfeeding.

Post-Treatment Instructions:

- Do NOT lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- We always say, "Frown frown, don't bend down." Avoid things like getting a face down massage, yoga or bending over for long periods of time.
- It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment, you may need additional Botox.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 12 hours after treatment. This will keep the Botox in the intended area it was injected into.