**BOTOX AFTERCARE**

**DO:**

* Remain upright for 4 hours after injection.
* Apply pressure and ice as needed to prevent bruising of injected areas.
* Call us immediately if you experience any problems or have any questions.
* Schedule your follow-up appointment prior to leaving the office.

**DO NOT:**

* Take ibuprofen, Aspirin, other non-steroidal anti-inflammatory drugs (NSAIDS), or vitamin E for 24 hours after injection.
* Massage or manipulate injection sites for 24 hours.
* Exercise or engage in strenuous activity for 24 hours after injection. Worry about the results.
* It can take 1-2 weeks to see the ultimate results with Botox.

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