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## **Botox Aftercare Instructions**

Congratulations on receiving one of the most fascinating cosmetic procedures available today. Your recovery period should be simple, carefree and easy. Please follow these few instructions. If you have any questions, please call the office.

- ❖ Do not lie down for a few hours after injection
- ❖ Do not rub or massage the area for the next 24 hours
- ❖ Refrain from any excessive movement like exercising for the next 24 hours

That's it! You will begin noticing an effect in 2-3 days and maximal effect occurs at around 2 weeks. The results will last 2-6 months, but can be variable. Enjoy your smooth, new look!