



Professional Medical Spa
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BOTOX[®] (BOTULINUM A TOXIN) AFTERCARE INSTRUCTIONS

Congratulations on your treatment with Botox[®] Cosmetic. You should start seeing the effects in three to four days and the effects should last about three months.

For the first hour after your treatment, contract the muscles treated every few minutes. This will help uptake of the Botox[®] into the muscles.

Avoid aspirin, non-steroidal anti-inflammatory agents such as Tylenol or ibuprofen, and vitamin E supplements for 24 hours.

Avoid alcohol consumption, strenuous exercise, and extended sun or heat exposure for 24 hours, as these could lead to temporary swelling, itching, or redness at the injection sites.