



Botox & Xeomin Cosmetic Post Care Instructions

- Do not lie down for 4 hours.
- Do not massage the treated areas.
- Work the treated areas by wrinkling your forehead, squinting or frowning for 1-2 hours.
- Do not exercise (running, aerobics, weight lifting, etc.) for 24 hours.
- No aspirin or ibuprofen for 24 hours.
- It will take 3-14 days for the full effect to be achieved.
- Please follow-up in 2 weeks as directed.

Patient Signature: _____ **Date:** _____