



Botox Treatment Instructions

DO'S:

- Remain upright for 4 hours after injection
- Call the office immediately if you experience any problems
- You may take Tylenol for any headaches or discomfort as long as you do not have any allergies to Tylenol.
- Call and schedule your next appointment once you see the muscles beginning to gain movement again.

DON'TS:

- Don't take Ibuprofen, aspirin or vitamin E for 24 hours after injection.
- Don't massage or manipulate the injection sites for 48 hours after injection.
- Don't exercise heavily for 24 hours
- Don't lay down for the next 4 hours