

**BOTOX POST-TREATMENT INSTRUCTIONS**

1. Your head must remain upright for at least 6 hours.
2. No laying down or leaning forward for 4-6 hours after the treatment.
3. Do not perform the following 4-6 hours after the treatment:
  - No exercise
  - No long walks
  - No hair washing, coloring, or blow drying
  - No hats
  - No makeup
  - No clothing changes
  - No shoe shopping
  - No showers
  - No massage or touching of the injected areas
  - No cooking over a hot stove
4. You may not travel by airplane on the same day you receive Botox.
5. With all skin care products and cleansing for 72 hours after the Botox injection, stroke up and away from the treatment site. **Up and away. Up and away.**