



335 Penny Lane Concord, NC 28025 704-784-5901

Botox Post Treatment Instructions & Expectations

What to do following Procedure:

Do not massage or rub the areas treated for at least 6 hours after injection.

Avoid exercise for at least 6 hours after injections.

Contract the treated areas once every ten minutes for the next 4 hours.

If headache occurs, you may take Tylenol.

You will typically start to see effects in 36 to 48 hours.

Allow 14 days for maximal effect.

If some area need touch up, it is recommended that this be performed at least 14 days after treatment.

Results may vary from individual to individual as well as from treatment to treatment.

The benefits last an average of 3 months, but for some individuals shorter and other longer.

It is best to return for your next treatment when the muscles start to strengthen.

If you wait too long, the muscles that were treated will regain their full strength.