



BOTOX AFTER-CARE INSTRUCTIONS

Please exaggerate the injected muscle at least 5 times within the next hour by frowning, raising your eyebrows, and/or scowling.

It is very important **not** to lie down for 4 hours after the injection. This includes lying down for facials, exercising, massages, doctor's appointments, napping, etc.

Please do not be discouraged if you don't notice a change right away. Botox can take 3-5 days to take affect and up to 2 weeks to be at its "final" stage.

If you feel like more Botox is needed, please wait the full 2 week waiting period before scheduling a touch-up appointment.

If you should misplace this copy, after-care instructions can also be found on our website at: www.camelbackwomenshealth.com.

If you have any questions or concerns, please don't hesitate to call the office at 602-494-5050 or 602-595-6271.