



Please follow these simple but very important instructions immediately following your Botox, Dysport and/or Xeomin treatment.

1. DO NOT massage the area(s) that were injected for at least 24 hours.
2. Actively exercise the muscle groups injected at least 15 minutes per hour for the first 4 hours following treatment. If you had frown lines injected, actively and vigorously frown. If you had crow's feet injected, actively squint and smile widely. If you had forehead lines injected, actively raise your forehead
3. Remain in an upright position for 4 hours after injections. Do Not Lean Over (like you would to tie a shoe) for 4 hours following injections. Do not lie down for napping or sleeping. Do not "rough house" for 4 hours.