

Botulinum Toxin Post-Care Instructions

R+ Med Spa



Post-Treatment Recommendations:

- Remain upright (no lying down) for three hours.
- Avoid massaging or scratching the injection sites.
- Avoid makeup for two hours after injections if possible.
- Avoid strenuous exercise for 24 hours.

Reminders:

- It takes 3 to 7 days before toxin **BEGINS** to take effect.
- It is 14 days before toxin is in **FULL** effect.

If you have excessive swelling contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: _____

