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Otolaryngology
Head And Neck Surgery
Facial Plastic Surgery
Allergy, Asthma, Immunology

BOTOX COSMETIC® Post-injection instructions

1. Avoid lying down or massaging the treated area for 4 hours after treatment.
2. Avoid bending forward for 4 hours after treatment.
3. Do not exercise or perform yoga for 24 hours.
4. If you get a headache (as some people do for few hours after the treatment)
you may take a Tylenol, unless otherwise advised by your physician.
5. You may take **Arnica** (Arnica Montana) tablets if there is any
bruising in the site of injections, or if you are prone to bruising.
6. You will notice the effect of the Botox cosmetic® in 5 to 10 days or sooner.
7. Call the office if you have any questions.