



DO'S

Apply sunscreen to the treated area when it's exposed to sunlight.

After getting Botox, you may want to move the muscles that were injected. You can do this by making facial expressions in timed intervals after your treatment. Ask your provider what they recommend.

You can gently exercise your facial muscles after treatment.

Try to maintain your normal heart rate the day of your Botox.

Check with your provider before booking any follow-up appointments.

Remain upright for several hours after your treatment.

Stay hydrated and drink plenty of water.

Botox

DON'TS

Avoid facials for a week after receiving the treatment. You may also want to avoid waxing, threading, and tweezing their eyebrows, but ask your provider.

After getting Botox, avoid placing force on the injected area.

Do not massage, rub, or apply makeup to the area for 24 hours.

Post-Botox, you should avoid strenuous exercise for 24 hours.

After getting the treatment, don't consume too much caffeine. Avoid ibuprofen and aspirin for 24 hours since these can thin the blood and/or increase bruising.

Avoid taking a hot bath or shower, as heat can affect Botox. Avoid saunas and tanning beds. Avoid excessive cold temperatures as well as hot temperatures, if possible.

Do not lay flat for at least four hours after Botox.

Avoid alcohol for 24 hours.