

MED SPA EXPRESS

post care instructions

BOTOX

Any questions or concerns please contact:

Jordyn Harman

712-358-2420

- You must remain upright for 4 hours post treatment. Avoid bending over/laying down
- Avoid exercise for at least 24 hours
- Avoid flying for 2 weeks.
- Avoid clarisonic/spin brush/ laser/ peel/ microdermabrasion for at least 2 weeks
- Avoid tanning bed for at least 2 weeks
- Do not massage or manipulate the area.
- Avoid hat/headband anything across forehead for at least 72 hours
- Avoid direct sunlight for 24 hours
- Effects may take up to 14 days to become apparent