



TREATMENT INSTRUCTIONS FOR BOTULINA TOXINS (BOTOX, XEOMIN)

DO's

Remain upright for 4 hours after injections.

Move or animate the muscles that were treated every 15 minutes for the next 2 hours.

You may take Tylenol for any headaches or discomfort as long as you do not have any allergy to Tylenol.

Call the office at 949-541-1999 if you experience any problems.

Call and schedule your next appointment once you see the muscles beginning to gain movement again.

DON'T'S

Don't massage or manipulate the injection sites for 24 hours after injections.

Don't exercise heavily (running or jumping up and down) for the next 4 hours.

Don't lay down flat for the next 4 hours.

Don't lie face down for a massage for the next 4 hours.

Don't take Ibuprofen, aspirin or vitamin E for 24 hours after injection.