

## POST CARE: BOTOX® INJECTION (Botulina Toxin Type A)

**Exercise the treated muscles** every few minutes for a minimum of 1 hour immediately following your treatment.

**Do not lie down or bend over** at the waist for **4 hours** following the treatment!

**REMEMBER: KEEP EYES LEVEL WITH THE HORIZON!**

**Do not strenuously exercise** for 24 hours after your treatment. (**Aerobics, Pilates, yoga, crossfit, etc.**)

### TREATMENT REMINDERS

1. It typically takes 3-7 days for Botox to take effect, however it may take up to 14 days
2. If you have any questions or concerns, please call us at 928-226-9355 or email us [info@facebodyspa.com](mailto:info@facebodyspa.com)