

Post-Op Instructions
BOTOX



13691 Metropolis Avenue
Fort Myers, FL 33912
Phone: (239) 561-3376
Fax: (239) 561-3020

- Do not lie down or bend forward for 4 hours.
- Work the treated areas by wrinkling the areas, or “frowning” for five minutes out of every hour, for 4 hours.
- Do not exercise (running, aerobics, weight lifting, etc...) for 24 hours.
- No Aspirin or Ibuprofen for 24 hours.
- It will take 3-7 days for the full effect to be achieved.

If you have any questions or concerns, we are here for you, please call our office at (239) 561- 3376 and ask to speak with a medical assistant.

The Medical Assistant who cared for you was: _____