

CITY MED SPA

SCIENCE MEETS BEAUTY

Botox Aftercare

What to know

- Contract and relax the treated muscles every 15 minutes over the next 1 hour.
- Arnica gel can be applied three times per day to help with any bruising.
- Some people experience headaches following botox treatments.
- If you would like to reapply makeup, do so gently over treatment areas.

What to avoid

- Do not lie down for 4 hours following your treatment.
- Avoid any massage or pressure to treatment areas, for at least 4 hours, as this may alter the placement of the drug.
- Refrain from heavy exercise for 24 hours.
- Do not wear a hat or visor for 4 hours post treatment, if forehead was treated.
- Avoid skincare treatments for at least 2 weeks.

Any questions or concerns please call: **404-301-2324**