

CYNTHIA M. GOODMAN, MD, INC.

Aesthetic & Reconstructive Plastic Surgery

2200 LARKSPUR LANDING CIRCLE, SUITE 104

LARKSPUR, CA 94939

(415) 925-8555

(415) 925-4082 FAX

Post Botox Instruction Sheet

1. Cleanse face gently in treated areas on the day of your treatment.
2. DO NOT manipulate the treated area for 4-6 hours.
3. DO NOT use any topical products for 12 hours.
4. DO NOT lie down for 4 hours.
5. DO NOT exercise for 24 hours.

Most people notice decreased movement of the muscles in 4 days to 2 weeks. Do not expect it to occur overnight, it takes awhile for botox to relax the muscles.