



## Post Injection Instructions

- \*Do NOT engage in rigorous exercise or yoga for 24 hours after treatment.
- \*Do NOT massage or manipulate the injection sites for 48 hours after injection.
- \*Do NOT undergo facials or massages for the first 48 hours after treatment.
- \*DO feel free to use the muscles treated (frown, smile, or raise your forehead).
- \*If bruising occurs, it may be covered up with makeup. Bruises usually resolve in just a few days.
- \*It will take 5-7 days for you to see improvement, but you may feel a heaviness or tightness as early as 2-3 after the treatment. The peak effect occurs at 2 weeks.
- \*Wear sun protection (hats, sunscreen), it is important to not burn in the next 1-2 weeks.
- \*If you develop a headache, Tylenol is recommended as needed for pain. Ibuprofen can increase blood thinning and bruising.