**POST-TREATMENT INSTRUCTIONS**

**BOTOX, DYSPORT OR XEOMIN NEUROTOXIN**

* Do not lie down for 4 hours following your treatment.
* Avoid any massage or pressure to treatment area/s, as this may alter the placement of the drug.
* If you would like to reapply makeup, do so gently over the treatment area/s.
* Do not wear a hat or visor for 4 hours post treatment, if forehead or frown lines were treated.
* Refrain from heavy exercise for 24 hours.
* Contract and release the treated muscles every few minutes over the next hour.