

## Botox: 24 Hour Aftercare Card

### Quick Reference

#### - 0 to 4 hr

Stay upright. No lying down, no leaning forward, no naps.

#### - 4 to 12 hr

Light facial movement is fine. Skip touching the area.

#### - 12 to 24 hr

No workouts, no alcohol, no saunas, no facials.

#### - 24 to 48 hr

Resume normal life. Effect starts 3 to 5 days, peak at 14.

### Facts to remember

- \* Botox takes 24 to 72 hours to bind; lying flat in the first few hours can let the product migrate.
- \* Workouts increase blood flow and have been linked to mild diffusion of the molecule.
- \* Alcohol thins blood and increases bruising risk; pause for 24 hours.
- \* Makeup is fine at the 4 hour mark; just press, do not rub.
- \* Slight asymmetry at day 4 is common; full effect is at 10 to 14 days.

