



*Cary D. Nelson, M.D.*  
*M.O.S. Medical, Inc.*  
*Skinetics, Inc.*  
*725 W. La Veta Avenue, #250*  
*Orange, CA 92868*  
*714.538.6072*

**Post Treatment Instructions:  
Botox Therapy**

1. You will need to perform your “post” Botox injection exercises for 1 hour after injection. For example, if the glabellar (between the brows) region was treated, you will want to “scrunch” your eyebrows together to ensure the Botox works into the intended muscles. Exercises for the forehead area would include raising the eyebrow/forehead area for 1 hour post injection. Botox therapy around the eyes would require exercising the “smile” lines.
2. No lying down for the next 4 hours (to prevent the Botox from migrating to unwanted areas.)
3. Avoid vigorous exercise for the next 24 hours.
4. Some people may experience a transient headache for a day or two after a Botox injection. This is common and will resolve within days following the procedure.
5. Do not rub the area of injection, as this may cause the Botox to migrate to unwanted areas.

I have received a copy of Post treatment instructions for **Botox Therapy**. I have been educated about the after-care of Botox and have no further questions.

---

Patient Signature

Date

---

Patient Signature

Date

---

Patient Signature

Date