

# So you just got Botox... now what?



Those little bumps you've got will go away in 20-30 minutes.



No laying flat for 3 hours!



No working out for the rest of the day! (you're welcome)



No tight fitting hats or headbands for 3 hours!



Keep making normal facial expressions



Patience please! Your results will kick in between 7-10 days! (3-5 days for Dysport)



It's rare, but if you end up with a Spock or Drop brow after 10 days, give us a call / text!

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