

The Vein Centre

At Vascular Surgical Associates

Richard A. Murbach, M.D.

Post Procedure Instructions for Botox

- You should attempt exaggerated facial expressions every 5 minutes or so for the first hour following your injections. This disburses the Botox.
- Do not rub or massage the areas injected for 4 hours following injection.
- Do not lie flat or bend over forward for 4 hours following injection.
- You should avoid working out for the next 24 hours after injection.

We will see you for a return visit in 7-14 days following injection. Additional (smaller) amounts of Botox may be required at that time to “tweak” your treatment.

Your follow-up visit is scheduled for _____ at _____ AM/PM.

