

# MASSAPEQUA DERMATOLOGY, PLLC

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## **Botox Aftercare**

For four hours after the injections, avoid the following:

1. Exercise
2. Bending over
3. Taking a long walk
4. Washing or coloring hair
5. Wearing a cap or hat
6. Pulling clothes off over head
7. Showering or bathing
8. Shopping or cooking over a hot stove

If you have any questions or concerns, please contact the office at

516-799-1600 at your convenience.