



YOUTHFUL YOU

A E S T H E T I C S & A C A D E M Y ®

BOTOX & DYSPORT

Post-Treatment Guidelines

- **Remain Upright:** Stay upright for at least 4 hours after treatment to prevent the product's migration from the intended area.
- **No Pressure on Treated Areas:** Refrain from touching, rubbing, or applying any pressure to the treated areas for at least 24 hours to avoid spreading the product to unintended muscles.
- **Bruising:** Mild bruising in treated areas is common and typically resolves within one week. You may apply topical arnica to the bruised areas to promote healing.
- **No Makeup:** Do not apply any makeup to the treated areas for at least 4 hours after treatment to reduce the risk of irritation or infection.
- **Exercise Restrictions:** Avoid strenuous exercise, heavy lifting, or activities that cause sweating for 24 hours post-treatment, as these may interfere with optimal results.
- **Heat Exposure:** Avoid exposure to heat, including saunas, hot tubs, sunbathing, and hot showers for at least 24 hours, as heat can affect the results of the treatment.
- **Skin Products:** Refrain from using irritating skincare products such as retinoids or glycolic acid for 24 hours post-treatment.
- **Alcohol & Caffeine:** Avoid consuming alcohol and caffeine for 24 hours post-treatment, as these substances may increase the risk of bruising.
- **Pain Management:** If discomfort occurs, use acetaminophen (Tylenol) for relief. Avoid NSAIDs to minimize the risk of bruising.

continued on back side>

call or text: (587) 855-4558

youthfuleyou.ca

- **Blood Thinners:** If possible, avoid taking NSAIDs (ibuprofen, aspirin) or supplements like fish oil for 24 to 48 hours unless otherwise directed by your nurse practitioner or physician.
- **Upper Lip Treatment:** If your upper lip was treated, you may experience temporary difficulty drinking through a straw, whistling, or pronouncing certain words. This effect typically resolves within 2 weeks.
- **Monitor for Complications:** Mild swelling, bruising, or redness may occur but should subside within a few hours to a few days. If these symptoms persist or if you notice signs of infection, such as increased redness, warmth, or the presence of pus, contact your provider immediately.
- **Sun Protection:** Use sunscreen on the treated areas, as exposure to the sun may adversely impact the longevity of your results.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

- **Follow-Up Appointment:** Schedule a follow-up appointment approximately 2 weeks post-treatment to assess the results and discuss any necessary touch-ups or adjustments.
- **Touch-Up Policy:** Any touch-up treatments must be completed within 3 weeks of your initial Botox or Dysport appointment. Adjustments requested outside of this timeframe may not be accommodated.
- **Immediate Effects:** You may experience some redness or swelling at the injection sites, which typically resolves within a few hours to a few days.
- **Full Results:** The full effects of Botox or Dysport are usually visible within 14 days of treatment.
- **Duration of Results:** The effects of the treatment typically last between 3 and 4 months, depending on individual factors and the areas treated.
- **When to Contact Provider:** If you experience excessive swelling, severe pain, or signs of infection, such as fever, redness, or warmth at the injection site, contact your provider immediately. **You can reach us at 587-855-4558 or by email at info@youthfullyou.ca.**

call or text: (587) 855-4558

youthfullyou.ca