

Botox/Dysport POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

- I understand that I **MUST NOT manipulate the area injected** with BOTOX/DYSPORE for 3 hours following the treatment.
- I understand that I **MUST NOT** receive **facial/laser treatments** or **microdermabrasion** **after** BOTOX/DYSPORE injections for at least **10 days**. I will ask my provider if I am unsure about the time frame of receiving services.
- I understand that I **MUST NOT** lie down for **4 hours** after BOTOX/DYSPORE treatment. I understand that this will help prevent the BOTOX/DYSPORE from tracking into the orbit of my eyes and causing drooping eyelid.
- I am aware that it can take approximately **4 to 7 days for results** of BOTOX/DYSPORE injections to be seen. If the desired result is not seen after 2 weeks of my treatment, I may need more BOTOX/DYSPORE. I understand that I am charged for the amount of product used. Therefore, I recognize that I will be charged for a product used during any touch-up or subsequent appointments.
- I understand that I **MUST NOT** perform activities involving **straining, heavy lifting, or vigorous exercise for 6 hours after** my BOTOX/DYSPORE treatment.
- I understand that I should **exercise the treated muscles for the first 30 minutes after** BOTOX/DYSPORE injections. In order to help the BOTOX/DYSPORE work into your muscles after treatment practice smiling, frowning, raising your eyebrows, or squinting.
- I understand that following treatment it is **normal to experience redness, swelling or bruising at the injection site**. If the redness/swelling persists and becomes painful, please call the office. Any bruising will typically last a few days. I understand that I can gently apply ice/gel pack following treatment to help reduce swelling and potential bruising.
- I understand that I **MUST wear sunscreen at all times**. Furthermore, I understand that I should **avoid extended UV exposure** until any redness or swelling has subsided.