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BOTOX/DYSPORE AFTER CARE

- Do not massage the area after treatment
- Avoid lying down flat or bending forward for 4 hours
- Avoid wearing headbands or hats for 4 hours
- Avoid sweating or working out for 24 hours
- Avoid massages, facials, microdermabrasion, microneedling, or any laser treatments for 2 weeks

WHAT TO EXPECT

- Immediate redness and small raised bumps in the area, usually resolved in one hour
- Small injection site bruise, resolves in 1 week
- A dull headache for 1-2 weeks, especially if this is your first time
 - You may take Tylenol; avoid alcohol and ibuprofen
- Results begin to show as early as 3-5 days
 - Takes a FULL 2 weeks for final results
- If there is partial improvement of a treated site, and re-treatment is desired, a second treatment can be performed, but not prior to 2 weeks after treatment.

It is recommended to have re-treatment every three to four months for optimal results.

Your next appointment is:

Date: _____ Time: _____

If you have any questions or concerns, please call the office at 603-742-5556