



AFTER CARE

Botox / Dysport Instructions

After Care Instructions:

- Do not massage the area for 2 weeks after treatment.
- Please be careful with doughnut pillows and chiropractic care tables.
- Avoid makeup on the day of treatment.
- Avoid lying down flat or bending forward for 4 hours.
- Avoid wearing headbands, hats, or goggles that apply pressure on injection areas for 2 weeks.
- You may resume exercise the day after your treatment.
- Do not get a massage, receive a laser treatment, get a facial, or a microneedling treatment for 2 weeks after treatment.

Treatment is recommended every 3-4 months for optimal results.

What to Expect:

- Immediate redness and small, raised bumps at injection sites; usually resolves in 1 hour.
- Small injection site bruising, which resolves within 7-10 days.
- You may take Tylenol; avoid ibuprofen and alcohol.
- Most patients will start to notice changes within 3-5 days after treatment, but full results take 2-3 weeks.
- Your provider is unlikely to do a touch-up treatment until 14 days have passed since treatment. If the desired result is not seen after 2 weeks, please call the office for a follow-up visit.

An allergic reaction is extremely rare, but if you experience difficulty breathing or facial swelling, please seek immediate medical care.

Please book your next appointment at checkout!

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