

# **Botox & Dysport**

## **POST-TREATMENT INSTRUCTIONS**

1. Do **NOT** manipulate the treated area for 3 hours following treatment.
2. Do **NOT** receive facial/ laser treatments or microdermabrasion after Botox injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
3. Avoid **hot** tubs, saunas and **hot showers** for about four hours **after** your injection.
4. Do **NOT** lie down for 4 hours after your Botox treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelids.
5. Do **NOT** perform activities involving straining, heavy lifting, bend over or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere.
6. It can take approximately 4 to 7 days for results to be seen. If the desired result is not seen after 2 weeks of your treatment you may need additional Botox. You are charged for the amount of product used. Therefore, you will be charged for a product used during any touch-up or subsequent appointments.