

BOTOX AND FILLER POST-CARE HANDOUT

BOTOX/DYSPORT INSTRUCTIONS

- No need to massage treatment area.
- Contract the treated muscle for 90 minutes to 2 hours.
- Avoid laying down for 2-4 hours.
- Limit ALL physical activity, including the gym, cycling, swimming, hiking etc; avoid bending, flying or exposure to heat for up to 8 hours after treatment. (These practices may help reduce unwanted diffusion, however no controlled studies have been conducted).
- If bruising is a concern, it will be important for the patient to avoid taking non-essential aspirin or related products, such as Ibuprofen (ex. Advil®) or Naproxen (ex. Aleve®) if possible after the procedure to keep bruising to a minimum, ice packs may be used immediately after treatment to reduce swelling for 5 minutes 3 times a day for 24 hours and follow thereafter with warm compresses for 5 minutes 3 times a day; apply Arnica Gel after each treatment.
- Patients who do intense physical activity need to be aware that the Botulinum toxin may wear off much faster than expected.
- Botox and Dysport follow a 3-1-3 rule: 3 days to see results, optimal results within 1 week, product will last 3 months, although may vary from patient to patient.
- This office advises a two week follow up after every procedure; it is the patient's responsibility to schedule this appointment.
- Botox on lips requires special attention: No makeup around lips for 24 hours, no manipulation (kissing, massaging etc.) **MINOR** side effects may include: Oral incompetence, may cause slight speech impediment, and/or drooling. Side effects are temporary and will resolve gradually as Botox wears off.
 - Bruising
 - Heavy sensation in the forehead
 - Persistent visible lines
 - Bleeding
 - Cockeyed or droopy eyebrows
 - Ptosis: droopy eyelid

*All side effects are **easily treatable** at the follow up visit.*