

Botox/Dysport Post Care Instructions

- Do not lay flat for the next 4 hours, try to stay upright
- Avoid exercising heavily for 24 hours after injection
- No hot tubs, saunas, tanning beds, massages and facials for 24 hours post injection
- Do not touch, rub, exfoliate or put any pressure on the injection sites for 24 hours
- Do not wear headbands or hats that put pressure on the injection area for 24 hours
- You can apply makeup 4 hours post injection, just make sure to use clean hands and brushes to avoid infection
- You can wash your face and put moisturizer/makeup on just don't exfoliate hard or put heavy pressure on the injection sites while applying products
- You may have small red bumps at the injection points, they will be gone within 30-60 minutes
- There is a slight chance of bruising, if bruising occurs they are usually minimal and are temporary
- Some people experience a slight headache after injection, it is okay to take Tylenol if this occurs

Botox starts working within 3-5 days and shows full treatment results in 2 weeks, clients will not be treated in the same treatment area till after the 2-week period.

Dysport starts working within 2-3 days and shows full treatment results in 2 weeks, clients will not be treated in the same treatment area till after the 2-week period.

Feel free to schedule a free 2-week follow up to re-evaluate treatment area.