



## Practically Perfect MEDICAL AESTHETICS

### Post-Care for BOTOX<sup>®</sup>/DYSPOORT<sup>®</sup> Treatments

Your treatment will start to work in 2-7 days and peak in approximately 2 weeks. If additional injections are needed, these injections will not occur until 14 days after your initial treatment.

You may experience the following:

- Tenderness or bruising at the injection site.
- Visible bumps for the first few hours following injections
- A mild headache.
- Mild flu-like symptoms (rare).
- Sensitive or blurry vision is possible for 2-3 days post treatment.
- Asymmetry is possible: Different areas of your face may react differently to treatment. If you are noticing asymmetry after 14 days, please contact the office.

Please avoid the following:

- Do not lay flat for 4 hours post treatment.
- Do not massage the treatment area.
- Avoid wearing a hat, headband or any other garment that may put pressure on the treatment region.
- Avoid heavy exercise for 24 hours following your injection.

Take care of your skin:

- You may cleanse your face normally, but do not massage the injected areas.
- Avoid using the Clarisonic brush and any abrasive exfoliants or scrubs the same day as your injection.
- You may use moisturizers or lotions the same day as your treatment.
- If you experience any discomfort or bruising at the injection site, you may use Arnica Montana (available at health food stores and drug stores). This product is available both in topical or oral formulations.
- If you experience headaches, take Tylenol. Ibuprofen (Advil/Motrin) may result in additional bruising.
- You should wait 2 weeks before receiving a chemical peel, photofacial or micro-dermabrasion.
- If you need a touch-up, the cost will reflect the additional product cost.