



After Care for Botox or Dysport Treatments

Please Do

- You are welcome to apply makeup after your treatment, but please use a gentle touch to avoid rubbing the area.
- Try to gently exercise your treated muscles for the first 30 minutes after treatment: practice frowning, raising your eyebrows or squinting. This helps the neurotoxin to work into your muscles. Although this is believed to help, it will not impact your treatment negatively if you forget.
- Feel free to shower and/or continue with other regular daily activities.
- Be assured that any tiny bumps or marks will go away within a few hours after your treatment.

Please Avoid

- Do not rub or massage the treated area for 24 hours after your treatment.
- Do not do strenuous exercise for 4 hours post-treatment. This will minimize the risk of raising your blood pressure and therefore, reduce the risk of temporary bruising.
- Avoid facials or saunas for 4 hours after your treatment.
- Do not lie face down (i.e., massage) for 4 hours after treatment. This prevents unnecessary pressure on treated areas.

Treatment Results/Expectations & Follow-up

- **IMPORTANT: The results of your treatment can take up to 14 days to take full effect. Usually patients notice a change in 4-5 days. Please wait until the 14 days have passed before assessing your treatment results.**
- If you require more product to fine-tune/adjust your treatment results, it can be done after the full 14 days at an additional cost. Alternatively, product may not be required.
- Small bruises sometimes occur and should resolve in 3-5 days.

If you have any concerns or questions, please contact the spa at 803-781-1201.