

What to expect before BOTOX® or DYSPORT®

- limit drinking the week prior to your appointment
- Refrain from using Ibuprofen, Aspirin, fish oil supplements, or Vitamin E the week prior to your appointment.
- Consider taking Arnica prior to your appointment to lessen potential bruising.
- Come into your appointment with clean skin!

What to expect after BOTOX® or DYSPORT®

- Botox/Dysport will gradually take effect over 7-10 days, with optimum results at 2 weeks. If this is your first Botox or Dysport treatment, we recommend scheduling a 2-week follow-up appointment.
- The most common side effect with Botox or Dysport injections is headaches. You may use TYLENOL to relieve this. If you suffer from chronic headaches for which you take a prescription medication, you may take it as prescribed by your doctor.
- Refrain from using Ibuprofen, Aspirin, fish oil supplements, or Vitamin E for 24 hours following treatment.
- If bruising appears, apply ice to the injected areas for 15 minutes every hour to decrease bruising.
- Exaggerate facial expressions in the injected areas for 1 hour after treatment.
- Remain upright for 4 hours following treatment. You may lay in a reclined position, but do not lay flat.
- Do not wear a headband, hat, or anything that compresses the forehead area for 24 hours if you have had injections between the brows or in the forehead.
- Do not massage or manipulate injected areas for 24 hours after treatment.
- Do not use a harsh cleansing device (such as the Clarisonic) for 24 hours after treatment. Washing your face gently and applying sunscreen is okay.
- Do not apply makeup to injection locations for 24 hours after treatment.
- Do not get a facial or lay face down in a chiropractor or massage chair for 24 hours following treatment.
- Refrain from aerobic exercise that increases your heart rate greatly (e.g. running, swimming, bicycling, etc.) for 24 hours following treatment. Walking or other low-impact forms of exercise are okay.
- **Please call the office if you have any questions or concerns: (408) 255-3223**