

Post- Botox®/Dysport®/Xeomin® Treatment Instructions

- Do NOT lie down for the first 4 hours following a treatment.
- Do NOT engage in rigorous exercise or yoga for that day after treatment.
- Do NOT massage or manipulate the injection sites for 48 hours after injection.
- Do NOT undergo facials or massages for the first 48 hours after treatment.
- DO feel free to use the muscles treated (frown, smile, or raise your forehead) as this may help improve the onset of treatment.
- Avoid alcoholic beverages on treatment day.
- If bruising occurs, it may be covered up with makeup. Bruises usually resolve in just a few days.
- It will take 5-7 days for you to see improvement, and peak effect at 2 weeks.
- After 2 weeks, DO call us if you are not completely satisfied with your results.

Follow-Up Treatment

Botox®/Dysport®/Xeomin® appointments are ideally scheduled 3 months apart for the first 3 treatments. After that, the interval between appointments can be gradually lengthened depending on the individual. Try to have your next treatment before the results return completely to baseline. This will help you maintain your results longer.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.