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### **Post Care for Botox/Dysport:**

1. Visible bumps may be seen at the injection sites. These are normal and may last up to a few hours.
2. Botox/Dysport will start to work in 2-7 days and peak in about 2 weeks. Please note, if additional product is needed, it will not be injected until 14 days after your initial injection.
3. Do not lie down for 4 hours post injection.
4. Do not massage the treatment area.
5. Do not do strenuous exercise for 24-48 hours following your injection.
6. Do not get a massage, do microdermabrasion or any other activity that may elevate your core body temperature.
7. If forehead was treated, do not wear hat or headband for 48 hours.
8. You may cleanse your face normally this evening, but please do not massage the injected area. If you routinely use a Clarisonic brush, do not use tonight. Also, do not use any abrasive exfoliants or scrubs.
9. Bruising may be seen. This happens in a small percentage of treatments but will not affect your treatment results. There also may be some discomfort associated with it. Bruising should resolve within one week. The use of Arnica Montana (available at health food stores) may help with bruising. It is available both topically (as a gel) or orally.
10. Cosmetics, moisturizers, lotions may be used the next day, but do not apply extreme pressure or do anything that may cause discomfort.
11. Exercising the muscles in the treated area may help the product get into the muscle faster, but has no effect on the overall efficacy of the treatment. (You can "make faces" up to 10 times per hour for the first few hours after treatment).
12. Headaches may be a possible side effect. Ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) may be used as needed.
13. Sensitive or blurry vision is possible for 2-3 days post treatment. Wear sunglasses and moisturize eyes with moisturizing eye drops.
14. Flu-like symptoms are rare, but may last 2-3 days. Fluids, rest and Tylenol/Motrin may be used.