

# POST CARE INSTRUCTIONS

## NEUROTOXINS:

Botox and Dysport are neuromodulators that temporarily smooth wrinkles and can help provide a more youthful appearance. After your treatment, please follow the instructions listed below. If you have any questions after you leave your appointment, please call SpaDerma directly, 773-529-5277.

1. Continue to move the muscles in the areas that were treated for the next two hours.
2. Do not massage or apply pressure to the treated area for at least 8 hours after treatment. We do not want the product to migrate to areas other than the ones being treated.
3. Do not wear a hat for several hours after injections.
4. Do not lie down for 3 hours after treatment. This could increase the changes of botox traveling to other areas.
5. Avoid vigorous exercise and yoga for at least 8 hours after treatment. You may return to your other normal daily activity immediately post treatment.
6. Avoid alcoholic beverages for the first 24 hours after treatment. Alcohol can increase the chances of bruising and swelling.
7. If possible, avoid aspirin and nonsteroidal anti-inflammatory drugs (such as Aleve, Motrin, Ibuprofen, Advil, St. John's Wort) or high doses of Vitamin E supplements for 2-3 days prior to and after injections. Taking these will increase your chances of bruising.
8. If you experience a headache after treatment, we recommend you take Tylenol.
9. Bumps and areas of swelling usually go away within an hour. Bruises will resolve in about a week. There is occasionally some mild pain, swelling, itching, or redness at the site of injection. You may apply cold compresses or take acetaminophen/Tylenol to reduce swelling or discomfort.
10. You may gently apply makeup after your treatment.
11. In the very unlikely event that you have difficulty swallowing or breathing, go to your nearest emergency department and follow up with SpaDerma when your symptoms reside.

*Please keep in mind that results from Botox or Dysport will start to occur within 2-5 days of injections. The max effect from the neuromodulator will occur 2 weeks after injections. If you believe you need a touch up or additional dosing to the area treated, please make an appointment at least 14 days after your initial appointment.*

If you have any questions or concerns do not hesitate to contact SpaDerma at 773-529-5277