

# Seacoast Rejuvenation Center

## DYSPORT / BOTOX® POST TREATMENT INSTRUCTIONS

### POST-TREATMENT INSTRUCTIONS

- You should not lie down for 3-4 hours following treatment
- Facial exercise in the area of treatment is recommended (frown/smile 1 hour)
- Avoid touching or rubbing of the area for 4 hours
- Avoid aspirin and anti-inflammatory medications for 24 hours. You may take acetaminophen for discomfort.
- Avoid aerobic exercise and heavy lifting for 24 hours after treatment.

These measures should minimize the possibility of complications.

### TREATMENT EFFECT MAY TAKE 3-8 DAYS

The benefits may last 3-6 months; average is 4 months

A touch-up may be necessary in 1-2 weeks. Please make a follow up appointment in 7 to 10 days for re-evaluation of your treatment.