



Post-Care Instructions for Botox, Dysport, Xeomin, Jeuveau

- Visible bumps may be seen at the injection sites. These are normal and may last up to a few hours.
- You will start to see results in 2-7 days and they will peak in about 2 weeks. Please note, if additional product is needed, it will not be injected until 14 days after your visit due to possible continued results up to the 14 days.
- DO NOT lie down for 4 hours post treatment.
- DO NOT massage the treatment area.
- DO NOT do strenuous exercise for 24-48 hours following your injection.
- DO NOT get a massage, do microdermabrasion or any other activity that may elevate your core body temperature.
- If forehead was treated, DO NOT wear a hat or headband for 48 hours.
- You may cleanse your face normally this evening but please DO NOT massage the injected areas. If you routinely use a Clarisonic brush, DO NOT use for 48 hours. Also, DO NOT use abrasive exfoliants or scrubs.
- Bruising may be seen. This happens in a small percentage of treatments but will not affect your treatment results. There also may be some minor discomfort associated with it.
- Bruising should resolve within one week. The use of Arnica Montana may help with bruising. It is available both topically (as a gel) or orally.
- Cosmetics, moisturizers, lotions may be used the next day, but DO NOT apply extreme pressure when applying.
- 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 your treatment.
- Headaches may be a possible side effect. Ibuprofen or Tylenol may be used as needed.
- Sensitive or blurry vision is possible for 2-3 days post treatment if crows' feet were treated. Wear sunglasses and moisturize eyes with moisturizing eye drops if needed.
- Any symptoms or problems other than those listed above should be reported to your injector.

For any other questions or concerns, please contact your practitioner.