

Post-Treatment Instructions for Dysport and Botox Treatment

As you leave the office, you might notice slight redness or swelling at the injection sites, but it should cease within a few hours. You may notice some slight bruising for a couple of days. This is common and it will gradually disappear.

Please follow these instructions carefully after each treatment:

- For the next four (4) hours, you need to keep your head and neck completely upright. DO NOT bend over or lay down flat. Avoid inverted yoga poses for six (6) hours.
- Allow at least four (4) hours to pass before touching, applying direct pressure to, or manipulating the treated area(s), or engaging in exercise.
- Please be patient, for results are not immediately apparent. You may notice some changes in three (3) to five (5) days and complete effects are not realized for up to two (2) weeks. Please wait 2 weeks prior to returning for touch ups

You may cover the area with make-up if desired.

You may go home or return to work and resume daily activities.

When you return we will evaluate the progress of today's treatment. Some people may need an additional touch-up treatment to be sure that all of the treated muscles are adequately relaxed.

If you have any concerns about your treatment or if you are experiencing difficulties with your treatment, please call us at (415) 989-9400