

**Botox/Dysport Post Care Instructions**

- Visible bumps may be seen at the injection sites. These are normal and may last up to a few hours.
- Botox/Dysport will start to work in 2-7 days and peak in about 2 weeks. No “touch ups” will be performed until the maximum effect has been reached, at 2 weeks, to prevent over-treating an area. **MOST PATIENTS** like their results best at around 3-4 weeks post-treatment, and **MOST PATIENTS** see results lasting around 3 months. Results do vary based on metabolisms and dosing.
- Do not lie down 4 hours post injection.
- Do not massage or put pressure on the treatment area for 24 hours.
- Do not partake in strenuous exercise or any other activity that raises your core body temperature for 24 hours after your injection.
- Do not get a facial massage, microdermabrasion, laser, facial peel, etc. for 2 weeks post injection.
- If forehead/frown lines were treated, do not wear a hat or headband for 24 hours.
- You may cleanse your face normally this evening, but do not massage the injected area. If you routinely use a Clarisonic brush, do not use it tonight. Avoid abrasive exfoliants or scrubs as well.
- Bruising may be seen. Bruising should resolve within 1-2 weeks. Arnica Montana may help with bruising. It is available topically and orally over the counter.
- Cosmetics, moisturizers, and lotions may be used after several hours, but do not apply extreme pressure.
- Please call Southlake Plastic Surgery Med Spa with any questions or concerns.
- **Ways to Save Money:**
  - Download Alle (Botox) or Aspire (Dysport) to earn points and save on future treatments
  - Download the new SPS app to earn rewards for every visit
  - Our Botox/Dysport Loyalty Program at Southlake Plastic Surgery Med Spa:
    - If you Receive 40 units Botox (120u Dysport) every 3 months, at your 4<sup>th</sup> visit you will receive 20 units Botox (or 60 units Dysport) free
    - There is no penalty or fee if the dose or frequency is missed, but you start over for your “4 in a Row”
      - Ex: 40 Units in January (#1), 40 Units in April (#2), Didn’t come back in July, but came back in November and received 40 units, this would be considered (#1) and we start over.
      - Ideal Ex: 40 Units in January (#1), 40 Units in April (#2), 40 Units in July (#3), 40 Units in October (#4-20 units free! \$240 Savings!)