



POST CARE INSTRUCTIONS FOR NEUROTOXIN TREATMENT BOTOX / DYSPORT

1. The treated area may have small red dots or bumps, “mosquito bites”, from the areas of injection. These will fade within 30 minutes, to a few hours at most. A small ice pack may be applied to help facilitate the resolution of these bumps.
2. Bruising is always possible. Icing immediately after treatment can help. We also recommend Arnicare gel to be used immediately after treatment and for the next few days if there is bruising potential.
3. For the next 5-6 hours, keep your head upright and avoid lying down.
4. For the next 24 hours, avoid the following: strenuous exercise, rubbing of the treated area, and wearing a tight fitting hat or headband.
5. You may resume normal make-up and skincare routine this evening.
6. Occasionally, patients report a headache for a few days following treatment with neurotoxin. We recommend Tylenol and adequate hydration, this will usually resolve itself within a few days.
7. The effects of your treatment take **2 WEEKS** to fully settle. You may notice a difference as early as 2-5 days, but it will take 2 weeks for full effect.
8. Please follow up in 2 weeks for assessment, and touch up if needed.