

### **BOTOX/DYSPORT Post Care Instructions: 2 hours, 2 days, 2 weeks...**

- Remember that taking Ibuprofen, aspirin, fish oils, or vitamin E for 24 hours after injection, may increase your risk of bruising if you are an "easy bruiser" or if there was obvious bruising in your appointment- otherwise these oral medications/supplements do not need to be avoided.
- Leave the treatment area **ALONE** for **2 hours** today: Don't massage or manipulate the injection sites, don't wear a hat or glasses if it will press on the area that was injected, also, do not lay down or exercise for the next **2 hours**, avoid heated room exercises today.
- Don't use a sauna, steam room, or steam hot shower for the rest of the day, or cook with face in heat today.
- Delay eyebrow shaping or microblading until after your results have full effect in **2 weeks** and you do not need touch up. The eyebrow shape may change.
- Avoid microneedling, facial, or massage for at least **2 days**.
- Avoid laser, microcurrent, radiofrequency or any other heat based facial treatment for **2 weeks** post injection.
- Take Tylenol for any headaches or discomfort which may occur as a normal side effect, but is uncommon.
- Return to office in **2 weeks** for follow up in case a touch up is needed, and to determine optimal dosage for your tailored aesthetic goals and needs.