

Premier Wellness Center

623-399-8222

www.PremierWellnessAZ.com

Botox/Dysport POST-Treatment Instructions:

- The majority of reactions to Botox/Dysport treatments are redness, swelling, and tenderness, which usually subside a few minutes to a few hours after the treatment. Bruising that occurs at the injection sites can last up to two weeks. **If you develop other symptoms, or have any concerns about an adverse reaction, please contact our office at 623-399-8222.**
- In the first 4 hours following treatment, you should **AVOID the following**:
 - Extensive sun or heat exposure
 - Alcoholic beverages
 - Rubbing or massaging the treated areas
 - Yoga or any type of strenuous exercise
 - Facials
 - Saunas

Avoiding these will minimize the risk of elevating your blood pressure, therefore minimizing bruising, redness, inflammation, or swelling at the injection sites. If sun exposure is unavoidable, use a sun block with an SPF of 30 or greater.

- In the first 4 hours following treatment, **do NOT**:
 - Lie down
 - Wear a hat or visor

Avoiding these will minimize the risk of pressure or accidental rubbing of treated area.

- If you need to apply makeup or sunscreen within 4 hours after your treatment, use a GENTLE touch and avoid rubbing the treated areas.
- You may exercise your treated muscles for 1-2 hours after treatment, as it is said to improve your treatment.
- With your initial treatment, the average effects should last between 2-4 months (8-16 weeks), but the duration and effectiveness depends on the individual patient's metabolism, exercise routine, and other personal factors. We are able to create the best clinical results for you if you do not wait until your muscles are back to full function before your next treatment. Maintaining your treatment appointments with the frequency recommended by your injector may help your Botox treatment results last longer than 4 months. (Allergan recommends waiting 90 days in between treatments.)

Botox/Dysport POST-Treatment Instructions (continued):

- Make your 3-month Botox appointment before leaving the clinic in order to keep your appointments regular and maximize your investment.
- Results of your Botox treatment may take up to 14 days for full effect. If after 14 days you feel that a “tweak” is needed to improve the appearance of any treated area, please schedule a **2-week follow up appointment**.
- As always, remember to apply sunscreen daily.

I have read the post-care instructions prior to my treatment and understand them. I have read the Summary of Information About BOTOX/Dysport Cosmetic (onabotulinumtoxinA) provided by Allergan/Galderma. I have had all of my questions answered by my medical provider and elect to have Botox/Dysport treatments today and in the future.

Signature of Patient: _____

Print Name of Patient: _____

Date: _____

