



## BOTOX/DYSPOORT AFTER-CARE INSTRUCTIONS

- Do not rub site.
- Maintain an upright posture and avoid exercise for 4 hours.
- You may experience stinging at the injection site for 10-15 minutes.
- Occasional bruising may occur. This will clear up within 7-10 days.
- Some patients develop a headache, which can be treated with Ibuprofen or Tylenol. This usually lasts less than 24 hours.
- After Botox/Dysport is placed into the targeted muscles, the weakening effect **gradually begins anywhere from 24 hours to 3-5 days and is not complete for two weeks**. Therefore, optimal results are not seen for at least two weeks.
- If this is your first treatment in our office, please schedule a 2-3 week follow-up appointment.

If you have any questions or concerns, please call our office at 301.695.8346.