

Neurotoxins: Botox and Dysport Care Instructions

Before Your Treatment

- 5-7 days before your treatment, avoid using aspirin, ibuprofen, fish oil, Vitamin E supplements, and other medications that may thin the blood and can increase bruising.
- For Bellafill, 4 weeks prior to treatment, a skin allergy test should be performed to rule out allergy to the collagen component of Bellafill.

After Your Treatment

- Tiny bumps or marks as a result of treatment will dissipate within a few hours after your treatment.
- 1-2 hours after treatment, exercise the muscles in the area you were treated (e.g., practice frowning, raise your eyebrows, squint, etc.). This helps the product to work into your muscles for maximum benefit.
- 4 hours after treatment, remain in a vertical position.
- 1-2 Days after treatment, avoid alcohol, exercise, ibuprofen, or pressure on the face.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort or headache.
- It is normal to experience swelling, redness, bruising, and/or asymmetry after treatment. These may persist for several days following your injections.
- You may begin to notice results as soon as 3-7 days post treatment, however, please allow 2 weeks for results to fully develop.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.