**After Care Instructions for Patients Receiving Botox® - Dysport®**

Monroe Medical Spa Phone Number **(585) 347-6944**

**\*\*\*\* Expect Results of Botox Treatment Within 3-7 Days, and Maximum Results in 14 Days.\*\*\*\***

1. **Remain vertical for 1-2 hours.**
2. **Do NOT scratch, press, massage or manipulate injected area.**

**Example 1:** Do not rub and wipe off your make-up, you just must “dot” or “blot” off the make-up.

**Example 2:** Do not wash your face using circular or wiping motions, you must “dot” or “blot” or rinse.

1. **Do NOT exercise day of treatment. This means: no walking, jogging, swimming, cycling, or going to the gym, or participating in any kind of exercise class.**
2. **Exercise injected muscles as frequently as possible for a minimum of 2 hours after treatment** (i.e. frown, raise your eyebrows, squint).
3. **For treatment under eyes only:**

-Do NOT lean the head back for 2 hours.

-Do not bend neck back/lean head back (i.e. don’t paint ceiling).

-Sleep with extra pillow to keep head angled.

1. **If the pain is severe - Call the office immdieately, or go to the nearest Urgent Care!**

For MILD pain, swelling or bruising, apply ice for 15 min., every four hours to treated area for 24 hours. You may also use Tylenol, if not allergic, or apply the topical cream Traumeel, available over the counter, every four hours, as needed.

1. **If infection after the procedure is suspected, contact us at: (585) 347-6944 for further instructions**. You may need to come to the office to be examined, and possibly receive a prescription for an antibiotic. Signs and symptoms of infection include: Fever, redness, tenderness, warmth and swelling at the treatment site.

**8. If the lip area was treated, you may have trouble with functions like sipping, using a straw, kissing, usually lasting from 1-2 weeks or up to 3-4 months.**

**9. If you have any questions or concerns please do not hesitate to call, email, or send a social media message.**