

Saddleback Dermatology & Laser Center

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BOTOX & DYSPORT INJECTIONS - After Care Instructions

1. *Your head should remain upright for at least six (6) hours after the injection. Do not lie down. Do not lean forward for prolonged periods.*
2. *For at least six (6) hours after the injection:*
 - Do not touch or rub the treated area*
 - No exercise – no long walks*
 - No hair washing or blow-drying of hair*
 - No wearing hats*
 - No showers or hot-tubs*
3. *For the 1st hour after injection – make facial expressions using the treated muscle groups. (i.e. frown, smile or raise eyebrows) Do a series of 5 repetitions every 5 minutes for the first hour*
4. *You should not travel by airplane on the same day you receive **BOTOX or DYSPORT**.*
5. *No Aspirin, Advil or Motrin for 24 hours after receiving the **BOTOX or DYSPORT** injection. You may take Tylenol.*

Should you have any questions concerning your treatment after leaving the office, please call: (949) 770-8115.