



# saddleback

dermatology laser + cosmetic center

## 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 1<sup>st</sup> 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.*

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