

## **Saddleback Dermatology & Laser Center**

Ira Bell, M.D., Karen G. Benik, M.D., Sam Truong, M.D., Azin Meshkinpour, M.D., Kim Tang, M.D.  
23832 Rockfield Blvd., Suites 210 & 220, Lake Forest, CA 92630 (949) 770-8115

### ***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.*