



### Botox®/Dysport® Post-Treatment Instructions

1. Do not lie down or bend forward for prolonged periods of time for at least 4 hours after injection.
2. Do not massage or rub the injected area.
3. Do not engage in vigorous activity for the remainder of the day. Walking at a brisk pace is acceptable.
4. Be certain you use the injected muscles every 5 minutes by frowning, squinting, and raising eyebrows for the first 90 minutes after treatment.
5. If you develop a headache after injection it is safe to use Tylenol. Avoid using ibuprofen and aspirin for 24 hours to minimize the likelihood of bruising.
6. If you develop any amount of bruising, it is safe to use makeup to cover it up.
7. If you have any questions or concerns, please contact our office at 614.322.7917.