

### **Botox/Dysport Aftercare Instructions**

1. Remain in an upright position for 4 hours. Lying down or bending over for more than a few minutes following Botox/Dysport treatment may disperse the solution from its intended site. If you are someone who bruises easily, this can help reduce bruising by preventing increased blood flow to your face.
2. No massaging of the treated area(s) for 1 to 3 hours.
3. Do not exercise (running, aerobics, weightlifting, etc.) for 24 hours. While it is fine to take a leisurely walk after receiving Botox/Dysport injections, avoid strenuous exercise for at least 24 hours. Heavy exercise may inadvertently spread Botox/Dysport to other areas, which could decrease its effectiveness and cause unintended side effects. Strenuous exercise after treatment could also increase the risk of swelling and bruising around the treatment area.
4. Do not use cosmetics for the rest of the day. Applying liquid foundation, blush, face powder, eyeshadow, and even eyebrow pencil can stimulate the skin enough to cause dispersal of Botox/Dysport to unintended areas. It is perfectly fine to apply cosmetics the following day.
5. Do not drink alcohol before or after Botox/Dysport. Beer, wine, and hard liquor contain ethanol, a substance that dilates blood vessels and increases blood pressure which can worsen bruising and swelling. A good rule of thumb regarding alcohol and Botox/Dysport aftercare: Avoid alcohol 48 hours before and after Botox/Dysport treatment.
6. Do not take aspirin or ibuprofen for 24 hours. You may use Tylenol.