

**BOTOX / DYSPORT POST TREATMENT PLAN**

- Following your treatment, work the muscles in the area once every 10 minutes for 1 hour. Animate the expression, then relax.
- Stay upright for 4 hours after your treatment.
- Avoid:
  - Strenuous exercise for first 24 hours. A light workout is ok.
  - Pressure to treated area: Massage, chiropractor, Clarisonic, make-up, or waxing.
  - Sleeping on the treated area. Try to sleep on your back.
- Dysport results will start to appear in 24 to 48 hours, Botox results 3 to 7 days after treatment. It may take up to 2 full weeks for maximum correction. Please call and schedule a follow-up appointment if needed.

*Please contact us with any questions or concerns.*

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