



**AFTER CARE INSTRUCTIONS FOR PATIENTS RECEIVING BOTOX® - DYSPORT®**

MONROE MEDICAL SPA PHONE NUMBER **(585) 405-5000**

**\*\*\*\* EXPECT RESULTS OF BOTOX TREATMENT WITHIN 3-7 DAYS, AND MAXIMUM RESULTS IN 14 DAYS.\*\*\*\***

**1. Do NOT scratch, press, massage or manipulate injected area.**

**Example 1:** Do not rub and wipe off your make-up, you just must "dot" or "blot" off the make-up.

**Example 2:** Do not wash your face using circular or wiping motions, you must "dot" or "blot" or rinse.

**2. Do NOT exercise for 24 hours after treatment. This means: no brisk walking, jogging, swimming, cycling, or going to the gym, or participating in any kind of exercise class.**

**3. Exercise injected muscles as frequently as possible for a minimum of 2 hours after treatment and no more than 8 hours (i.e. frown, raise your eyebrows, squint).**

**4. For Bruising and Bumps:** You can use ice every 15 minutes to the area. Arnica can help with bruising. Ibuprofen will also help and you can take up to 800mg every 8 hours on a full stomach.

**5. For treatment under eyes only:**

-Do NOT lean the head back for 1 hour.

-Do not bend neck back/lean head back (i.e. don't paint ceiling).

-Sleep with extra pillow to keep head angled.

**6. If the pain is severe - Call the office immediately, or go to the nearest Urgent Care!**

For MILD pain, swelling or bruising, apply ice for 15 min., every hour to treated area for 24 hours. You may also use Tylenol, if not allergic, or apply the topical cream Traumeel, available over the counter, every four hours, as needed.

**7. If infection after the procedure is suspected, contact us at: (585) 405-5000 for further instructions immediately.** You may need to come to the office to be examined, and possibly receive a prescription for an antibiotic. Signs and symptoms of infection include: Fever, redness, tenderness, warmth and swelling at the treatment site.

**8. If the lip area was treated, you may have trouble with functions like sipping, using a straw, kissing, usually lasting from 1-2 weeks or up to 3-4 months.**

**9. If you need a touch-up these are free in the first 3 weeks after your treatment. After that time period you will be charged for additional product used.**

**10. Wait at least 1 hour but preferably until the following day to apply makeup to the treated area.**

**11. If you have any questions or concerns please do not hesitate to call, text, email, or send a social media message.**