



Patient instructions after Botox/Dysport or Xeomin Injection

- Actively move the muscles treated for about an hour after injection.
- Avoid alcohol after injection for 24 hours
- Avoid strenuous exercise for 24 hours to prevent migration of product
- Avoid laying down flat or going to bed within 4 hours of treatment
- Avoid wearing hats, helmets, headbands or anything constrictive to the areas treated for 24 hours.
- Do NOT massage the areas treated or apply ice or pressure.
- It is not unusual for patients to have a headache after muscles have been injected. You may take Tylenol if necessary but avoid non-steroidal anti-inflammatory drugs (NSAIDS) including aspirin, ibuprofen or naproxen products for 72 hours. They can increase your risk of bruising.
- Most patients begin to see the results in 3 days with the remainder of patients seeing full results by day 7.
- If there is still movement or lines persisting after day 7, we may need to add a few more units. Please stop in for an evaluation.
- For best results long term please remember to schedule your next visit in 3-4 months. Over time, some individuals will need treatments less often to maintain the cosmetic results.
- Be sure to enroll in Brilliant Distinctions or Aspire programs for rebates, coupons and special savings.
- Please call the office if you have any questions or concerns.

Thank you for choosing About Face & Body. We are passionate about the art and science of cosmetic injectables and it is an honor and privilege to provide this treatment for you.

Warm Regards,

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