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POST TREATMENT INSTRUCTIONS for Neurotoxins

Botox / Dysport®

- Exercise your treated muscles for the first year after treatment (e.g. practice frowning, raising your eyebrows or squinting). This helps to work the treatment into your muscles.
- Do NOT get a facial, rub or massage the treated area for 24 hours after your treatment.
- Do NOT lie down or do strenuous exercise for three hours after your treatment.
- Avoid tanning, exposure to hot tubs and saunas for four hours. This will help to minimize the risk of bruising after treatment.
- Please be aware that some, though very few patients, experience a mild headache. If this occurs, you may take Tylenol for pain relief.
- Be assured that tiny bumps or marks will go away within a few hours after your treatment. There is a small risk of bruising. If bruising occurs, do not worry. Bruising is a temporary side effect and can easily be covered up with makeup but not for at least 2 hours post injection to reduce the risk of infection.
- After Botox / Dysport is placed into the targeted muscles, the weakening effect gradually begins in anywhere from 3-7 days and is not complete for two weeks. Therefore, optimal results are not seen for at least two weeks.
- Initially, Botox / Dysport will last approximately 2-3 months. Thereafter, if you maintain your treatment appointments with the recommended frequency, the effects of Botox / Dysport may begin to last longer than four months, extending the duration between appointments.
- If you have any questions or concerns regarding your recent injections, please contact Clarity Medical Spa.