

BOTOX®/DYSPORT® POST PROCEDURE INSTRUCTIONS

1. Do not bend down with your head below your waist during the first four hours after your treatment.
2. Work the treated areas by wrinkling the forehead or frowning regularly over the next 1-2 hours.
3. Do not exercise (running, aerobics, weight lifting, etc...) for **24 hours**.
4. No Aspirin or Ibuprofen for **24 hours**.
5. You may apply makeup immediately following treatment.
6. It will take 3-7 days for an initial effect to be noted and up to 10-14 days for maximum effect to be noted.

If you have any questions or concerns, please call us immediately at (972) 386-7546 Ext. 255.