



BOTOX/DYSPORT POST-PROCEDURE INSTRUCTIONS

1. Remain in an upright position for 4 hours.
2. No massaging of the treated area for 1-3 hours.
3. Emote the treated area (wrinkle the forehead, smile, frown, etc.) every so often for 1-3 hours after treatment. This will help with the uptake of the Botox.
4. Do not exercise (running, aerobics, weight lifting, etc...) for 24 hours.
5. Do not take aspirin or ibuprofen for 24 hours.
6. Can take Tylenol for any headaches.
7. Mild bruising can be seen.
8. It will take 3-7 days for the full effect to be achieved.

If you have any questions or concerns, please call Dr. Bhatt at 512-478-3376.