



Botox/Dysport Pre & Post Care

General Information

- The results of the injection generally last approximately three to four months and it may last less or more depending on a patient's individual lifestyle. That said, if it is your first time getting injections, if it has been a long time since you were last injected, or if you have strong muscular anatomy the effect may not last that long.
- Conversely, if you are consistent with your injections and/or have smaller facial musculature you may be able to go four, five or even more months between injections.
- Botox and Dysport works best when you do not let it wear off completely. Please consider scheduling an appointment for your next injection in approximately three months to avoid the return of full muscle movement.
- Botox and Dysport are not used on pregnant or breastfeeding patients. It is your responsibility to inform our staff of your health status including any medication and cancel/reschedule your appointment if this applies to you.
- Please remember that our obligation is to your aesthetic needs and if you have a social or occupational commitment that precludes a safe appointment and the appropriate recovery time then simply use a "common sense caution" and kindly reschedule!

Pre-Treatment Instructions

- One week prior to your treatment, avoid using medications and supplements that may increase bruising, swelling and bleeding at the injection sites (eg. NSAIDS, fish oil, etc).
- Alcohol may thin the blood increasing risk of bruising, so we recommend no alcoholic beverages for 24 hours before treatment and 24 hours after treatment.
- It is a good idea to have something to eat before coming in to decrease chances of lightheadedness during your treatment, and best to avoid caffeine for more comfort.
- Please kindly arrive to your appointment with a cleanly washed face without make-up.

Post-Treatment Instructions

- Immediately following injection you may notice small nodules in the treated area. Please do not massage these in they will resolve on their own within a few hours.
- Avoid vigorous scrubs, exfoliation or facials in the area of treatment for 24 hours.
- Mild headaches are common after injections. They are typically a result of the physical act of the needle entering the skin. These headaches usually resolve within 36 hours, and you may take an over-the counter pain medication.
- Small bruises occasionally occur. Feel free to cover these with makeup or cover-up. They usually resolve in 3-7 days.

If you have any questions regarding your treatment, please call our office at (530)559-8558. Thank you!

Best,

Glo Med Aesthetics