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Botox/Dysport Post-Treatment Instructions

Thank you for choosing Dr. Grover as your Botox injector. You may have bruises in the areas treated with Botox/Dysport. This is normal. It will take up to two weeks for you to experience the full effect of the Botox treatment. Remain patient. It takes time for the muscles to lose strength and the lines to fade following Botox/Dysport treatments. Movement of lines diminished is OK. The objective of the Botox/Dysport treatment is to improve the appearance of the lines, not necessarily paralyze the muscle. If we can achieve the improvement of the lines without complete paralysis in the area then you benefit from continued use of subtle facial expression in that area of your face.

Try to exercise your treated muscles for 1-2 hours after treatment (e.g. practice frowning, raising your eyebrows, or squinting). **This helps to work Botox/Dysport Cosmetic into your muscles.** Although thought to help, it will NOT impact your treatment negatively if you forget to do this.

Do NOT rub or massage the treated areas for 4 hours after your treatment. Do NOT practice Yoga or any type of strenuous exercise for 4 hours after treatment. Also, avoid facials or saunas for 4 hours after your treatment. This will minimize the risk of raising your blood pressure and therefore minimize the risk of temporary bruising. Feel free to shower and go about most other regular daily activities.

Do NOT lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally.

Be assured that any tiny bumps or marks will go away within a few hours. If you need to apply make-up within 4 hours after your treatment, only use a GENTLE touch to avoid rubbing the treated area. Results of your treatment **may take up to 14 days** to take full effect. Please wait until the 14 days has passed before assessing if you are pleased with the result.

Botox/Dysport Cosmetic is a temporary procedure and at first, you may find that your treatment results will last approximately 3 or 4 months. If you maintain your treatment appointments with the frequency recommended by your doctor, the duration of each treatment result may last longer than 4 months. We therefore recommend returning for your next treatment in 3 to 4 months.

Your next treatment is recommended for _____

When you're ready to come back in for your next treatment, please go online to book your appointment, or give us a call and we'll get you set up. Thank you!