

Botox/Dysport Pre and Post-Care Instructions

Potential Botox and Dysport Side Effects

1. **Bruising** – Recovering from Botox is extremely easy. Most people have minimal to no bruising and can resume normal activities right away. Rarely, someone gets unlucky and gets more significant bruising. Although disappointing, it is important to understand it will not affect the Botox from working. It just takes time for the bruising to go away. Topical Arnica gel can be used to reduce bruising. Makeup can be used to hide the bruising following Botox.
2. **Headache** – Headache also can happen after Botox. This is usually minimal and goes away quickly. David recommends Tylenol for headache pain.
3. **Redness, Welts, and Itching** – Minor redness or welts can occur after a treatment. Sometimes itching as well. This is normal and you should not worry. Benadryl is recommended for these symptoms. Please call if they do not quickly improve over a day or two.
4. **Drooping of Eyelids or Eyebrows** – Drooping of eyelids or eyebrows is very uncommon, and most people do not get this. If you do, do not worry, and please call the office for an appointment with Dr. Ray. Some patients might feel their eyebrows are too low even after Botox. In this case, cosmetic eyelid lift, or cosmetic blepharoplasty might be something that helps with the aesthetic appearance and your rejuvenation. Within a short period of time, drooping of the eyelids or forehead tends to resolve. In unusual cases, Dr. Ray might prescribe an eye drop to help with this. Again, Botox is extremely safe. This type of problem is very rare.
5. **Results** – Remember: “realistic” expectations after Botox or any cosmetic procedure is extremely important! This means patients can be disappointed that the Botox did not do enough. Botox is a chemical that works to “diminish” facial lines. People often want to “get rid of” all their wrinkles. Botox frequently just “diminishes” wrinkles. “Getting rid of” all wrinkles often doesn’t happen. Also, the Botox might not last as long as desired. This is something that happens. Botox usually lasts 2-4 months. If it goes away too quickly, you just need more Botox. Some people metabolize Botox more quickly than others and need treatments more frequently. Men often have larger muscles and need bigger doses and more frequent treatments. Additional Botox treatments do have additional expense.

Pre-Care Instructions

Contraindications: pregnancy, nursing, or trying to get pregnant. Neurological Diseases including but not limited to Myasthenia Gravis, Multiple Sclerosis, Lambert Eaton Syndrome, Amyotrophic Lateral infection, previous allergy or reaction to Botox or Dysport.

Medications that are contraindications to receiving Botox: aminoglycosides, nerve blockers (anticholinesterases, succinylcholine), lincosamides, polymyxins, quinidine, or magnesium sulfate. No blood thinners, such as aspirin, ibuprofen, fish oil, vitamin E, which can increase bleeding and/or bruising.

Avoid irritant chemical soaps, lotions to the area for 24 hours prior. Do not wear make-up to your treatment.

Post-Care Instructions

- Results begin to be noticed after about 2-3 days peaking around 2 weeks.
- Results vary lasting 2-5 months. The average is 3 months.
- Return for your next appointment as soon as you begin to notice movement in the treated area.
- Stay mostly upright for 4 hours (do not bend or lay down).
- Do not massage the treated area.
- Redness/swelling is normal for the next 24 hours.
- Topical Arnica gel can be used to reduce bruising.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- You may apply cool compresses/ice for 15 minutes/hour for comfort.
- Make-up may be used after 4 hours, as long as skin is not broken or irritated.
- Avoid strenuous exercise and alcohol for 48 hours after treatment.
- Avoid hot showers, saunas, hot tubs for at least 48 hours after treatment.
- David is happy to see you at any time after treatment with questions or concerns, but he will likely wait until 2 weeks for more Botox injections for adjustments due to the need to wait until all of the Botox takes effect (which may take up to 2 weeks).

Notify our office immediately if you have any questions, concerns, problems, or warning signs of infections.

I understand the above and will call immediately with questions or concerns.

Initial _____