



Post Care Instruction

Botox®/Dysport®/Xeomim®

1. Visible bumps may be seen at the injection sites. These are normal and can last up to less than an hour.
2. Botox®/Dysport® will start to work in 2-7 days and peak in about 2 weeks. Please note, if additional product is needed, it will not be injected until 14 days after your initial injection.
3. Do not lie down for 4 hours post injection.
4. Do not massage the treatment area.
5. Do not do strenuous exercise for 24-48 hours following your injection.
6. Do not get a massage, do microdermabrasion or any other activity that may elevate your core body temperature.
7. If your forehead was treated, do not wear a hat or headband for 48 hours.
8. You may cleanse your face normally this evening but please do not massage the injected area. Also, do not use any abrasive exfoliants or scrubs.
9. Bruising may be seen. This happens in a small percentage of treatments but will not affect your treatment results. There also may be some discomfort associated with it. Bruising should resolve within one week.
10. Cosmetics, moisturizers, and lotions may be used the next day, but do not apply extreme pressure or do anything that may cause discomfort.
11. Exercising the muscles in the treated area may help the product get into the muscle faster but has no effect on the overall efficacy of the treatment.
12. Headache may be a possible side effect. Take Motrin or Tylenol for your headache should it occur.
13. Sensitive or blurry vision is possible for 2-3 days post treatment. Wear sunglasses and moisturize eyes with eye drops if needed.
14. Flu-like symptoms are rare but may last 2-3 days. Fluids, rest and Tylenol/Motrin may be used.
15. Any symptoms or problems other than those listed above should be reported immediately to Cosmetiq Medicine at 503-572-2675