

Botox and Dysport Treatment Guidelines

Botox and Dysport are non-surgical, cosmetic treatments to safely relax the muscles that create wrinkles. They can also be used to treat excessive sweating on underarms or palms of hands.

Medications to Discontinue 7 Days Before Treatment to Reduce Bruising

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|------------------------------------|-----------------|
| - Aspirin* | - Vitamin E |
| - Ibuprofen (Motrin, Advil, Aleve) | - Ginger |
| - St. John's Wort | - Ginkgo Biloba |
| - Omega 3 fatty acids (Fish Oil) | - Ginseng |

*if you have been prescribed Aspirin, do not discontinue unless okayed with prescribing physician

Cold Sores: If you have a history of cold sores, ask us about pre-care instructions.

Side Effects

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a week after treatment.

- **Stinging:** Some patients develop stinging at the injection site for 10-15 minutes following treatment
- **Swelling, Tenderness:** Some patients experience some swelling or tenderness at the injection site. It should resolve on its own within a few days.
- **Redness:** You may apply makeup immediately after treatment to minimize the redness.

After Treatment Skin Care

- **Avoid Excessive Sun and Heat:** Until any initial swelling and redness has resolved.. This includes aggressive exercise.
- **Sunscreen:** Proper and frequent application of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

If you have any additional questions or concerns, please do not hesitate to call!

Frequently Asked Questions

Q: How do Botox and Dysport work?

A: Botox and Dysport relax the contraction of muscles by blocking nerve impulses. The result is muscles that can no longer contract, and so the wrinkles can safely relax and soften.

Q: How many treatments are recommended for optimal results?

A: Usually only one treatment is necessary.

Q: How long will the results from Botox and Dysport last?

A: Facial treatments = 3-4 months
Treatment for sweating = 6-8 months

Q: How much social downtime is required?

A: None, you can go back to work and apply makeup immediately following treatment.

Q: Do Botox and Dysport injections hurt?

A: Topical anesthesia may be applied before the procedure to minimize discomfort, but this is usually not necessary as the treatment is almost painless.

Q: What side-effects can I expect and how long will they last?

A: As with most injectables, common side effects are tenderness, pain, redness, itching, bruising and/or swelling are sometimes reported. These are normal side-effects from the result of an injection, and will resolve within a few days. However, most of our patients experience absolutely no side effects.

Q: When will I start seeing results?

A: Within a week you should be able to see the full results of your treatment.