



## Post Care Instructions Botox/Dysport

Dr. Domingues performed **Botox/Dysport Injections** Today.

### INITIAL CARE

- Do not lie down for the next 4 hours after injections.
- Avoid exercise for the rest of the day.
- It is ok to wash the face gently with a gentle cleanser such as Cerave, Cetaphil, or Dove. Avoid scrubbing the face for 2 weeks.
- Bruising is unusual, but if this occurs it is ok to ice the area for the next few hours.
- Avoid applying any makeup for the rest of the day.

### ONGOING CARE

- Avoid facials or any sort of heavy scrubbing or rubbing of the face for 2 weeks.

### DISCOMFORT:

- If a headache occurs, take Tylenol (acetaminophen) every 6 hours.

### PHONE NUMBERS TO CALL **(Please call us with any questions or concerns)**

- Weekdays 7AM – 4PM      Call the Clinic and ask for the nurse.